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EMBROIDER BRODERIE ANGLAISE



TRY A SCRUMPTIOUS TRAY BAKE







DECORATE WITH WATERCOLOUR WHIMSY





CROCHET TRIMS FOR TEA TOWELS





- Here is my Christmas table.
 My plates are an *Ideas* design.
 Come and buy yours at the
 Gallagher Convention Centre.
- Follow me on instagram. com/terenaleroux.

FROM THE EDITOR

ast Christmas (which already feels as though it was a lifetime ago) was the first time in recent years that I haven't posted my festive table on Instagram – something that I'm very inclined to do. The reason was that my inspiration came from this edition and so everything was still top secret.

When Hannes walked into the office with his illustrated cans for this month's cover shoot early in December, I knew immediately this was the spark I'd been waiting for. It was the inspiration I needed for setting the table and wrapping the gifts and doing some cooking too! My son Anton and his friends emptied the cans for me with much enthusiasm, and it wasn't long before the whole dining room table was covered with photocopies of artworks, and a bottle of modge podge, for one of the easiest projects I've ever tackled. The packets that served both as place cards and storage for our Santa's Surprise gifts were also illustrated with works of art. And when I came across arum lilies that looked as if the centres had been coloured with watercolour paint, I was thrilled.

One of the guests designed and printed wrapping paper with every dog painting she could find on the Rijksmuseum's website, for the table filled with dog lovers. Once you start with this process it's difficult to pull up the handbrake. With our space at 30 Days of Home + Food, it's been a similar story. Choosing a theme was difficult, but when we had decided in which direction we wanted to go, we were so inspired that we changed all our planning for our February issue – and some of March's too. We wanted to have flowers, because they're so much a part of our *Ideas* personality, and a touch of nostalgia for the same reason, and then enough little tricks to show and discuss in our space and during Hannes and Carin's table demonstrations on the décor stage.

If you're in the Gauteng area, make sure you come and visit us and all our sister magazines. This is the largest reader event that we've put together yet and if you still haven't bought your tickets, get them now. We're waiting for you at the Gallagher Convention Centre!



Book your ticket at 30days.co.za or Computicket, R150 for adults and R80 for children. You'll be able to spend a whole morning or afternoon with us, and attend nine demonstrations.

evens





ideas

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compiled by LARA FOREMAN

HAVE YOU HEARD OF A MUST-ATTEND EVENT OR MARKET THAT WE SHOULD KNOW ABOUT? IF SO, EMAIL US AND WE WILL CONSIDER FEATURING IT ON THESE PAGES.







- The Riversands Farm Village Market takes place just outside Fourways in Johannesburg every Sunday from 9am to 4pm. You'll find fresh produce, deli and food stalls, craft beer, craft stalls, clothing, jewellery, collectables, art and live music. Dogs on leashes are welcome. For more information, go to riversandsfarm.co.za.
- The Mill Country Fair in Hopefield in the Western Cape takes place every Saturday between 10am and 2pm. There are stalls selling fresh produce, as well as local arts and crafts, antique and vintage items, books, bakes, and more. Explore the garden, relax in the sun and enjoy the food, wine and live music. For more information, go to facebook.com/mill.country.fair.



Mpumalanga

26 March Taking place near the town of Dullstroom, the Tonteldoos Highlands Festival is a Scottish festival that includes stalls, beer and whisky tents, bagpipes, traditional dancers and games, a Scottish massed band, and a kilted mile (only runners with kilts). For more information, search for Tonteldoos Highlands Festival on Facebook or email mareickestarbuck@gmail.com.



♥Western Cape

4-13 March Celebrate local food, wine and music at the Woordfees Picnic Concerts at Neethlingshof near Stellenbosch. Bring picnic blankets or chairs and laze on the lawns. Gates open an hour before each event; the music starts at 6.30pm. Tickets at Computicket or on the evening at the farm. For details, go to www.sun. ac.za/english/woordfees/.

12 March The Cape Town Carnival takes place on the fan walk in Green Point. From 3pm the walkway will be filled with food vendors, stalls and festive hospitality areas. The parade begins at 7.30pm and lasts about two hours. See dazzling floats, elaborately costumed dancers, musicians and performers. Round off the night at the open-air street party. For details, go to capetowncarnival.com.



12 and 13 March

Enjoy fine wines paired with mouthwatering pizzas at Stellenbosch Vineyards Pizza & Wine Festival on Welmoed Farm. From gourmet to traditional, vegetarian to Banting, there's something for everyone. There's an oyster and bubbly bar too, as well as live entertainment and activities for kids. Tickets cost R120 per person. Book on webtickets.co.za.

17-20 March The Knysna Literary Festival celebrates South Africa's rich literary heritage. Bookworms can enjoy small-group workshops, larger group presentations, rubbing shoulders with inspiring South African authors, a cuisine evening where you can join select authors for a four-course meal, plus much more. For more information, go to knysnaliteraryfestival.co.za.

19-20 March The Rotary Club of Wynberg hosts the Last Night of the Proms charity fundraiser with the theme 'Going for gold' to celebrate the 2016 Olympic Games. Enjoy Latin American dancing and Richard Cock conducting Olympic-themed favourites performed by the Proms Orchestra and massed choirs. Tickets are available at Computicket for R225 and R275. For more information, search for Last Night of The Proms 2016 on Facebook.

♥KwaZulu-Natal

18-21 March Decorex Durban takes place at the Durban Exhibition Centre. Be inspired by this décor, design and lifestyle expo. See the latest global design and décor trends for interior and exterior spaces and try the delicious culinary experiences from casual cafés to gourmet markets. Tickets cost R75 for adults, R65 for pensioners and students and R20 for children. For more information, go to thebereed.co.za/decorex/shows/decorex-durban/.



4-6 March The NWJ Bridal & Events Show takes place at the Durban Exhibition Centre. It showcases over 120 suppliers catering for every taste and budget, including photography, videography, décor, venues, cakes, wedding wear and planning. The fashion show is a highlight. For details, go to nwjbridalshow.co.za.

13 March The Easter Play Market takes place from 9am to 2pm at Giba Gorge Mountain Bike Park in Pinetown. Entry costs R10. Enjoy fresh food and deli items and browse homemade crafts, designer clothes, décor, jewellery, toys, baby things and more. There's face painting, sand art, dress up boxes and colouring in for the kids, plus a kiddies' entrepreneurial section. For more information, go to facebook.com/ gotoplaymarket.

♥Gauteng

3-6 March The hobby and craft expo Hobby-X is on at the Ticketpro Dome in Northgate, Johannesburg. See the latest innovations, attend workshops and watch demonstrations. For more information, go to hobby-x.co.za.

12 March The Grand White takes place in Pretoria. Spend an afternoon and evening with friends and family at a secret location. Dress in white with a touch of green. Enjoy music

and entertainment. Bring your own picnic basket or buy food and drink at the event. For more information, go to facebook.com/TGWSA.

Until 31 March As part of worldwide celebrations of the 200th anniversary of Royal Doulton, Roodepoort Museum in the Civic Centre in Florida Park is showing its collection of ceramics by top Doulton designers. Open 10am to 3pm, by appointment. Entrance costs R20. For details, call 011 761 0226 or email carolinag@joburg.org.za.

♥ Eastern Cape

2-8 March SciFest Africa, or the National Festival of Science, Engineering and Technology, takes place in Grahamstown. It features 600 events: lectures, game drives, a laser show, workshops, sunset shows, robotics competitions, science olympics, quizzes, interactive exhibitions, the PlayFair, field trips, and a film festival.

• For more information, go to www.scifest.org.za.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4-6 MARCH 30 Days of Home + Food, Gallagher Convention Centre, Midran	
6		8	9	10	Anny Anny Journal Journal	12-13 MARC he Wedding E Johannesbu
13	APRIL IDEAS on sale		16	17	18	19
20	Human Rights Day	22	23	24	Good Friday	26
27	Family Day	29	30	31	4	/ /-



NATURAL NOURISHMENT FROM ROOT TO TIP

FOR HEALTHY HAIR THAT SHINES!



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THINGS TO READ IN MARCH



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compiled by DIANA PROCTER



CRAFT & LIFESTYLE

Make Your Home by Germarie **Bruwer and Margaux Tait** (Struik Lifestyle, R220)

The authors take everyday items and give them a twist in projects suitable for all craft and décor enthusiasts, from beginners to more advanced. Whether you prefer to tackle projects with a saw and drill, paper and scissors, or sewing needle, there is something for everyone – from storage solutions to paint techniques, knitted rugs, stamped tiles and outdoor seating.

Prints Galore by Angie Franke (Metz Press, R210)

This book offers a variety of printing techniques and practical, beautiful projects that don't require a press or any expertise. In addition to stamping and stencilling, various relief methods of printmaking, including lino,

texture plate and collagraph, the author has included four types of screen printing and sun and cyanotype print projects as well as how to use rust and plant materials for 'eco' type printing. Easy to follow instructions will inspire you to give it a go.

FOOD

World Atlas of Food by Jenny Morris (Map Studio, R295)

Read about the traditions, food styles and flavours of every continent on the globe (excluding Antarctica). As well as a recipe for each country, the most traditional local dishes and drinks are also listed. Learn about specific national and traditional dishes, mealtime and social customs, how food styles have been influenced by other cultures and the symbolic role foods play in celebrations and festivals.

The New Easy by Donna Hay (HarperCollins, R455)

Donna Hay's new cookbook is all about making things faster, simpler and tastier. It offers solutions to the ageold dilemmas of home cooks everywhere: what can I put on the table through the week that's fast and delicious, and what do I serve on the weekend that's a little more special? Each chapter contains clever ideas to restyle particular recipes, so if you loved Tuesday night's lemongrass chicken, learn how to transform it into a starter for Saturday's dinner.

FICTION

The High Mountains of Portugal by Yann Martel (Canongate, R295)

In Lisbon in 1904, a young man named Tomás discovers an old journal. It hints at the location of an artefact

that - if it exists - would redefine history. Thirty-five years later, a Portuguese pathologist finds himself at the centre of a murder mystery. And 50 years on, a Canadian senator takes refuge in northern Portugal, grieving the loss of his beloved wife. Part quest, part ghost story, part contemporary fable, this book takes the reader on a road trip through Portugal in the last century - and through the human soul.

The Widow by Fiona Barton (Bantam, R285)

Jean Taylor's life was blissfully ordinary. Nice house, nice husband. Glen was her Prince Charming. Until he became a man accused. But now Glen is dead. There's a lot Jean hasn't said over the years about the crime her husband was suspected of committing. She was too busy being the perfect wife while living with the accusing glares and the anonymous harassment. Now there's no reason to stay quiet. But the one lesson Jean has learned is that she can make people believe anything...

BLOGS OF THE MONTH

flamingotoes.com



Bev Mccullough grew up in a creative family of artists and seamstresses. She began sewing as a teenager and made her own clothes and room décor even then. That love for DIY, crafting and sewing has grown to include jewellery making and furniture refinishing. Her style is a mix between modern and vintage – she loves taking old styles and making them new again. The categories on her blog include crochet, embroidery, things to wear and home décor.

whatsforlunchhoney.net



Freelance food photographer, stylist and writer Meeta Wolff lives in Weimar, Germany. She enjoys cooking multi-cultural meals with organic ingredients. 'As my recipes and creations became more elaborate I needed a way to express myself. I can talk, cook and eat food for hours. It never bores me. I needed a way to share my passion, findings, research and experiments and that is [why I created] a blog that mainly focuses on food.' She also runs food photography and styling workshops and e-courses.

travelingmama.net



The founder of the Flying House by Traveling Mama blog is Tina Fussell. She's a photographer, writer and stylist who loves to explore the world with her husband, also a photographer, and their three kids. They're American but live in Copenhagen. 'Our time in Denmark has certainly influenced our style... We write about everything from the best coffee shops to fashion, the coolest shops, the best travel items and the beautiful cities and landscapes we see along the way.'

mrswheelbarrow.com



Food preservation, seasonal, locally sourced foods, and maintaining her pantry are the focus of Cathy Barrow's blog. Here you'll find her cooking, baking and canning to preserve the seasonal foods, teaching cooking classes and visiting local farmers. Her husband is mostly vegetarian and so, as well as recipes for pickles, jams and cocktails, among others, there is a large vegetarian section. 'Food preservation, ancient ways, modern techniques . . . mix with my ever present curiosity and practical need to just make dinner.'

avenuelifestyle.com



Holly Marder, a South African living in Delft, the Netherlands, is an interior design journalist and stylist. She can be found styling and photographing beautiful interiors, working with clients, coordinating editorial features and collaborating with creatives. Avenue Lifestyle is where she unites her two great loves: style and the written word; a place to document finds, share projects, images and snippets of her work and life, where it all meets in one inspirational space.

didyoumakethat.com



Based in London, Karen Ball started her blog to have fun around sewing and knitting. She believes creativity is contagious and wants to help her readers catch the needlework bug. She's a member of *The Guardian's* fashion blogger network – you can click through to her *Guardian* sewing posts from this blog. I'd encourage anyone to create – anything! Whether it's sewing a skirt, knitting your first scarf or writing a blog post and pressing "Publish", it's empowering to stand back and think, I made that.'

WHAT'S NEW

SHARE YOUR INFORMATION WITH US!

- Shops and craft: Dala Watts at dwatts@media24.com.
- Food: Louisa Holst at ideasmagazinefood@gmail.com.
- Décor and fashion: Carin Smith at carin.smith@media24.com.

Here is this month's line-up of what's new on the block and on the shelf.



DESTINATION 'LOCAL'

If you're in the Paarl area, call in at **Spice Route** and visit the beautifully curated destination store, The Trading Company. It is filled to the brim with colourful locally made products, each with a European twist. It is the brainchild and baby of Abigail Bisogno, with each item handpicked and often unique to the store.

For more information, go to spiceroute.co.za or follow @SpiceRoutePaarl on Twitter and Facebook for the latest updates on the store.



TOM FORD MAKE-UP IN SA

The hot news is that Tom Ford's make-up range, in addition to his perfume range that we already know, is now available in South Africa. As is the case with everything that this super designer turns his hand to, the make-up is top quality.



DESIGNER LABELS

Cork & Cap is a new enterprise started by a group of young people. They have their own winemaker and also sell a range of craft beers, but what makes them special is that they will tailor-make personalised labels for you, for weddings, special birthdays or Valentine's Day, for example.

• Go to their website, corkandcap.co.za, for more information.



THE FLAVOUR

Add extra flavour to your dishes with the new spice pastes and relishes from Pesto Princess. Try out chermoula

(a fragrant Moroccan marinade), harissa (a hot and spicy North African blend) and chimichurri (a fresh, tangy Argentinian herb sauce).

Look for them in the deli section of your supermarket for around R35 a jar.



ARTISAN CHEESES The next time you're putting together a cheeseboard for a special dinner or just looking for a great quality cheese to enjoy, make your selection from the Fairview range. Fairview produces over 20 cow and goat's milk artisan cheeses including white mould, blue mould, feta, washed rind and goat's cheese styles.

Available in supermarkets nationwide or order from cheeseclub.co.za.



AS CLEAR AS GLASS Looking for a bit of versatility? Then the **Bagera Glass Bag** is for you. Designed by Blanché Frölich-van Zyl and made in South Africa, this transparent bag is made from lightweight, waterproof laminated PVC. The bags come in 12 fashionable silhouettes with at least 20 different interchangeable canvas inners in a variety of colours. The bags cost from R450 and the interchangeable inners from R160.

• Go to bagera.co.za for more information.

TEA AND ROSES The Tea Room is situated on the picturesque Langkloof Rose Farm in Wellington. Visit to enjoy a relaxing breakfast, light and healthy lunch or tea with a slice of heavenly cake. Expect anything from banana bread French toast to wild mushroom, thyme and goat's cheese tart or dark chocolate and beetroot cake. The Tea Room is also available to hire as a venue for small functions such as kitchen teas. For more information, go to langkloofroses.co.za.



This lovely bed linen is part of the new Stone Wash range from Loads of Living. The linen is made from the finest flaxen yarn and goes through a special process to give it a lived-in look. It doesn't need ironing and is suitable for all seasons. It's available from your nearest branch, in three sizes and a variety of colours.



WHAT'S NEW

ENDLESS POSSIBILITIES

Create your own personalised jewellery with the Danish jewellery brand **Endless Jewellery**. The extensive range of interchangeable leather bracelets and gold, sterling silver and rose gold plated charms allow you to create your own masterpiece each day. For stockists, contact Liora Katz on 083 256 7890 or Tarryn Lichter on 082 312 0266.



COLOURFUL NEW STORE

There's great excitement in Johannesburg about the new Pylones shop in Sandton City. This French brand is sure to provide a burst of colour for the shopping centre with its wide range of 'funk to functional' gifts.





FAMILY WINES

Fröhlich Family Wines come from a family cellar in the Breede River Valley. The Wooded Chardonnay 2014 (R86) was oak matured for nine months and has gentle citrus aromas and well-integrated butterscotch flavours – it's wonderful served with roast chicken.

The wine range is available from selected outlets, or order online from lavernewines.co.za.



many promise of the many provided in

FAB IN THE FREE STATE

The town of Clarens in the Eastern Free State is known for its interesting shops, and Mooi Nooi is definitely one of them. Zelda Boshoff is the owner and with her love for vintage collectables and handmade items, there's something here for everyone.

 You'll find the shop at 314 Church Street.



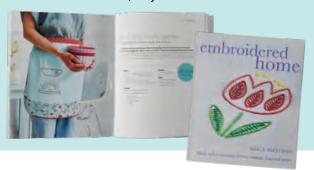


SALUTE THE SUN Relax on the beach with a colourful umbrella from Chill Winstan protecting you from the sun. The umbrellas come in a variety of colours and patterns, are home grown and are made by the women of the Where Rainbows Meet sewing project in Vrygrond, Cape Town, providing sustainable incomes for their families.

· To find out more, go to chillwinstan.com.

EMBROIDERY FOR YOUR HOME

Kelly Fletcher is an old hand when it comes to embroidery and needlework, and she has now written a book, Embroidered Home (Kyle Books). It contains more than 60 projects for your house in styles such as vintage, Scandinavian, contemporary and rustic. It includes stitch diagrams, basic embroidery principles and clear instructions. Wilt is available from R459 from bookshops, loot.co.za or her website, kellyfletcher.co.za.



Make this easy salad to serve at your next braai or add tuna or chopped chicken to create a delicious meal. Mix together 350ml Crosse & Blackwell Mayonnaise or Salad Cream, 125ml Mrs Balls Chakalaka Flavour Chutney (or your other favourite flavour), six chopped pickled gherkins, one small chopped red onion, four chopped tomatoes, three sticks chopped celery and a handful of chopped parsley or fresh coriander. Pour over 500g cooked and drained pasta shells. Stir to coat well and season to taste.

TANGY





LIZE MARSHALL HAS A REAL PASSION – AND A GREAT EYE – FOR GORGEOUS THINGS. BOTH HER SHOP AND HER HOME ATTEST TO HER DEEP DEVOTION TO ALL THINGS PRETTY.



décor









n the shop window of 'Poppi se Shoppi' in Vrede Street, Durbanville, a small sign proclaims: 'A passion for beautiful things'. This is also Lize Marshall's personal motto. And just like her home, also on the outskirts of the northern suburbs of Cape Town, her shop embodies her unique personal taste and her love for interesting and antique pieces.

This mother of two, who is also known as Poppie, is someone who knows exactly what she wants and likes, and there's nothing in her shop or her home that she doesn't love. After all, it's the only rule she applies when acquiring things to sell in her shop: she must absolutely adore it – that's all! She describes her own style as 'a mixture of shabby chic, French and country'.

CURATOR OF UNIQUE ITEMS

Lize, formerly from Bloemfontein, moved to the Cape 14 years ago. She had only a small salary with which to purchase second-hand furniture and décor items to decorate her Stellenbosch apartment. She enjoyed this personal 'treasure hunt' through flea markets so much that her apartment was eventually overflowing. She decided to hold her own little market to sell some of the items and that's when the idea of starting a shop came to her.

While working in marketing at a large restaurant chain for a number of years, Lize regularly set aside a portion of her monthly salary. That's how she was able to buy a small shop with French antiques in Durbanville and 'Poppi se Shoppi' was born. She's still out searching flea markets on weekends to find unusual antiques, and she goes 'cherry picking' to find the best bits and pieces in and around the small towns of the Western Cape.

The many people who frequent her shop are all lovers of beautiful things. Lize











décor

says her shop is small but it is always filled with new things. Nowadays she often sells an item even before it reaches the store because she's posted it on Facebook and someone instantly fell in love with it.

Lize says she inherited her creative streak from her parents. Her father is a former fashion designer and her mother is an interior designer who loves to paint. Lize also does styling for weddings and for people who need help with their décor.

PERSONAL FAVOURITES

Surrounded by so many beautiful things in her home and shop, I wonder what her favourites are and whether it's difficult to sell items to which she's become attached. Lize says, 'Because I adore each thing that I purchase for the shop, I might sometimes keep it in my home before putting it on sale in the shop. Sometimes it simply stays here, especially when I'm unlikely to find a piece like it again.' There is a special place in her heart for beautiful mirrors with decorative detail, silver pots and large old silver trophies. 'As you can see these things are scattered all over my home,' she laughs.

Even the man in her life, Udo Gehring, knows he should rather bring her a silver pot than a bunch of flowers. He shares her love of antiques and they often hit the road together, looking for novelties and unique pieces. They call these trips their 'reflection days'. In fact, they met at the Milnerton market and their first 'reflection day' was an outing to Kalk Bay. Udo stole Lize's heart with a small wooden pair of children's shoes that they found in an antique shop that day. She immediately fell in love with them. The shoes weren't for sale, but without Lize knowing, Udo later went back to the shop to bargain with the owner and in the end Udo could give her the shoes for Christmas. She was surprised and thrilled. These precious little things still have pride of place in her home.













Lize's romantic home evokes a doll's house with its wooden stairs and high ceilings with beautiful wooden beams. It's striking to see her special talent for combining beautiful pieces. An African drum (from the set of the movie *Shaka Zulu*) comes to rest next to a French chair that has been upholstered in velvet. Silver trophies double as flowerpots. Every corner of her home is engaging to look at and you can't get enough of it.

Lize loves spending time on the beach at Bloubergstrand with her children, Ethan (7) and Jenna (4). But she also loves spending time at home. 'I'm a real home body!' she says. 'Every week there's a celebration in my home. It's become our "thing" – finding something to celebrate each week.'

'POPPIE' HAS THESE TIPS FOR BEAUTIFYING YOUR HOME - AND YOUR LIFE:

Don't be afraid to play with different colours and textures.

Use your beautiful things – don't bury them in a drawer or at the back of a cupboard. Live in your home and let every item you own tell a story about you.

Look beyond the mundane, everyday uses of things and utilise them in new, imaginative ways.

There are no décor rules. The only rule that matters is that you should love every item in your home.

Appreciate every day and find the beauty in everything.

• FIND 'POPPI SE SHOPPI' ON FACEBOOK OR EMAIL LIZE ON poppishoppi@gmail.com.



TINS TRANSFORMED

Make over old paint tins to convert them into pretty and practical items you can use around the house.







Before you start these projects, make sure that the outsides of the paint tins are completely clean - use thinners or white vinegar to remove the last bits of paint on the outside of the tin. Any paint residue in the tin should be completely dry. Apply a good quality primer and lightly sand the tin before applying the final paint colour.



BE AN ARTIST

You too can create art with these three easy projects. Simply follow the steps and display your work proudly.



1 PAINTING VASES

DIFFICULTY: easy

TIME: half an hour, plus drying time

THESE DECORATIVE COOL-DRINK CAN VASES WON'T TAKE YOU MUCH LONGER TO DO THAN THE TIME NEEDED TO PRINT OUT A PAINTING AND DECOUPAGE IT ONTO A SPRAY-PAINTED TIN.



Spray the tins with white spray paint. Apply several coats – spray each coat lightly to avoid 'tears' forming – until the white colour is solid. Leave each coat to dry before you apply the next one.



Copy your art print in the desired size and cut it out with your craft knife, cutting mat and metal ruler.

YOU WILL NEED

♥ fine art print of your choice ♥ drink cans or other tins ♥ white spray paint ♥ modge podge ♥ craft brush ♥ craft knife and cutting mat ♥ metal ruler



Paint a coat of modge podge over the spray-painted tin and leave it to dry.



Paint a coat of modge podge over the back of the copied art print.



Stick the print onto the tin while the paper is still wet. Rub out the bubbles, paint another coat of modge podge over the top and leave to dry.



Dent the tin slightly (if you prefer) and scrape the picture here and there with your craft knife to 'age' it a bit. Seal the tin with a last coat of modge podge and leave it to dry properly before you place flowers in it.

how to

TURN A PHOTOGRAPH INTO A PAPER COLLAGE ARTWORK – IT'S THERAPEUTIC TO DO AND LOOKS AMAZING.

YOU WILL NEED

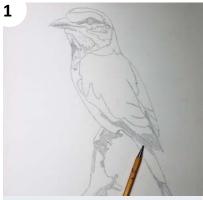
- photo of lilac-breasted roller
- ♥ stretched canvas (our is 30 x 40cm)
- carbon or graphite paper, for tracing
- ♥ sheet music
- pages from old magazines
- matt acrylic gel medium or modge podge
- paintbrushes and acrylic paint (white and yellow ochre)
- ♥ black permanent marker



For the bird, start by tearing dark pieces of paper from the magazine pages. Paste them onto the dark areas as marked in step 1. Only use scissors on shapes that need a straight edge, like the beak and long tail feathers.



Using white and yellow ochre acrylic paint, paint over the music background. Thin the paint with a little water if it is too thick – the music notes should still be visible.



Enlarge the bird photo to the desired size and trace it onto the canvas using carbon or graphite paper. With a pencil, indicate where the dark areas will be on the bird.



Tearing the shapes gives a more organic feel to the picture. Once the dark areas are done, paste in the light areas. Use text on a white background for the very light areas.



If the background is too bright, paint on another thin layer of white acrylic paint in order to 'knock back' the yellow a bit.



Tear up the sheet music and paste the pieces onto the background using the gel medium (we used Multi Medium) or modge podge. Apply the paste over the paper pieces as well, to ensure there are no air bubbles. Overlap the pieces of paper as necessary to fit around the outline of the bird.



Tear and paste long, thin pieces of paper for the feathers on the bird's throat. Next tear and paste magazine paper for the midtones on the bird, like the feathers on its back. Place the shapes in the direction that the feathers lie.



Using a permanent marker, sketch an outline around the bird and add in any other details, like on the beak, and so on.



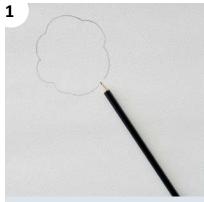
2 LILAC-BREASTED ROLLER COLLAGE

DIFFICULTY: easy TIME: half an hour, plus drying time

how to



YOU WILL NEED ♥ thick card
♥ acrylic paint (or poster paint) in
dark pink, light pink and white ♥ flat
tipped paintbrush (the bristles should
be about 1,5cm wide) ♥ pencil



Copy our template on the facing page and trace the shape onto thick card with a pencil. Keep the lines quite light.



Fill in the shape with the dark pink paint.



Dab your paintbrush into all three colours – white on one side, light pink in the middle and dark pink on the other side of the brush. Make sure the paint is on both the front and back of the brush.



Make a brush stroke along the top edge of the shape, as shown in the picture, with the white closest to the edge and the dark pink towards the centre.



Make another similar brush stroke inside the first one, again with white paint on the outside and dark pink in the centre.



Now make similar brush strokes along the side edges.



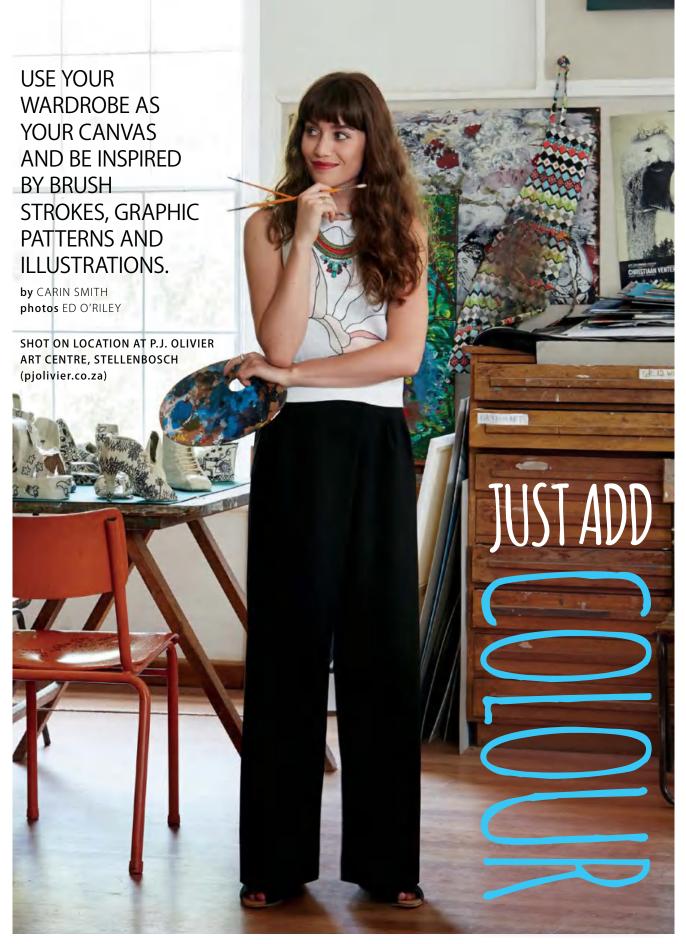
Continue adding petals to close up the centre of the rose, to complete the flower.



Draw the stem and leaf detail with your pencil.







COLOUR INSIDE THE LINES Play around with a monochrome look and add touches of unexpected colour. TOP (R249) FROM ZARA. TROUSERS (R399) FROM STUDIO W. NECKLACE (R1700) FROM LULU BELLE.





WATERCOLOUR Washes of colour on this easy-to-wear tunic make it the perfect 'go anywhere' outfit. TUNIC (R620) FROM COPPÉLIA. JEANS (R299) FROM KELSO AT EDGARS. SHOES (R349) FROM CALL IT SPRING.



Olaplex is the only product that has been able to show scientific proof that it can repair damaged hair and restore it to lively, healthy condition. Some of the ingredients include vitamins A, C and E, plus sweet almond oil, but it's hardly a simple product. The formula is complex and unique. It was tested on 20 000 people to prove its results.

THIS IS HOW IT WORKS: Every chemical hair treatment (colour, curl, keratin to straighten), as well as heat styling, breaks down the disulphide bonds in your hair to varying degrees. They become single sulphur or hydrogen molecules. Olaplex seeks out and finds these 'orphans' and restores the disulphide bonds before they can link up with oxygen and the protein in the hair is eroded, which causes your hair to split and break. Olaplex penetrates the hair shaft and works internally, as opposed to existing treatments and conditioners, which work externally on the surface.

The best thing about this product is that it can be used on all hair types and textures, and it works no matter what chemical processes or treatments your hair has been exposed to, or to which you plan to expose your hair! It can be combined with any chemical salon process, for example, you can mix it with your hair colour or use it before a keratin treatment to protect your hair, keeping it shiny and in great condition. Think of it as an insurance policy that looks after the health of your hair. For creative colours and styles, this treatment is a gift from the gods. Now you can apply any colour under the sun to your hair, without damaging it.

Since strong, striking colour is the new trend, it's important to invest in really good quality shampoo and conditioner, says Michael. A good salon colour treatment is expensive, so take care of it and make it last longer by using the right products at home. Shampoos with colour pigments are a great help in terms of pushing colour back into the hair once it starts fading.



1 Argan Oil Heat Defence Leave In Spray (R69,95). 2 Creightons Frizz No More Smooth & Shine Blow Dry Cream (R59,95). 3 Vichy Dercos Energising Shampoo (R199). 4 L'Oréal Série Expert Vitamino Color Soft Cleanser (R225). 5 L'Oréal Paris Prodigy Extraordinary Colour Cream (R199). 6 Ghd Advanced Split End Therapy (R320). 7 Africa Organics Marula Hair Treatment Oil (R85).



<u>TRY:</u> L'Oréal Série Expert Vitamino Color Soft Cleanser (R225) for colour radiance protection with no sulfates; or the <u>Schwarzkopf Professional Bonacure Color Freeze range</u> (from R215 to R310) to prevent fading and loss of colour.

Home colour is the other option. The latest products are all in love with oils because they condition the hair and maintain colour beautifully.

TRY: The new L'Oréal Paris Prodigy Extraordinary Natural Colour Micro-Oil Technology (R194) maintains the natural contrasts of your hair, completely covers any grey and transforms highlights. It gives a natural, well-groomed look without the obvious signs of coloured hair because the regrowth at the roots isn't so noticeable.

Reflections Ammonia Free High Gloss Definition Colour in Natural Blonde 6.01 (R65) contains aloe vera, green tea and keratin that provide lasting nutrition for healthy, beautifully coloured and glossy hair.

You could also have some fun with temporary colour that washes out instantly and doesn't affect the condition of your hair.

TRY: Label.m Powder Pink Spray (R280) for some pink funk if you're in the mood.

Oil's star is on the rise and you can't go wrong by investing in a good hair oil. There is nothing better for the condition of your hair than a daily dose of oil.

<u>TRY:</u> Argan Oil Heat Defence Leave In Spray (R69,95); Africa Organics Marula Hair Treatment Oil (R85); or Evolution Keratin Argan Oil (R460).

SILVER FOXES: GREAT, GREATER, GREY Silver, grey or white

hair has become a huge fashion trend in recent years. All over Pinterest you'll see how trendy it is. And it's not only older women who are going grey; it's also stylish young women who are going for it. If you decide to embrace your grey there are a few things you should know beforehand, cautions Shelene Shaer, owner of Tanaz Hair in Johannesburg: 'Grey hair is like a stranger moving into your house. The way you cut and style your hair needs to change. Shampoos and products that enhance texture and shine become very important. You'll have to learn how to style your hair differently because grey hair can be tricky to handle and is often coarser than regular, or coloured, hair. So be prepared for it to take you longer to blow-dry and style, and ask your stylist to show you a few new techniques. A clever cut will go a long way towards making your life easier if you decide to go grey.'

<u>TRY:</u> Clever products like the new Ghd Platinum Professional Styler (R2 899) that is scientifically designed to minimise damage to your hair while straightening; or FHI Heat Stylus (R1 995) that works like a brush and can be heated to style the hair and give it volume, lifting it at the roots or making beautiful curls – whatever your heart desires.

As your body ages, so does your hair. This applies to the process of each hair going through its natural cycle, growing older chronologically and eventually falling out, but it is also about the way in which hair follicles produce 'older' hair that is finer and has less volume. This is caused by environmental factors, hormones, heat treatments and chemical treatments. Exposed to too many of these, your hair could become decades older than you are – even a 25-year-old could have the hair of a 60-year-old.



THE SIGNS OF AGEING

• Thinner strands • Your hair loses volume and the individual strands of hair become thinner. The best remedy is protein to help rebuild volume and strengthen your hair.

<u>TRY:</u> Philip Kingsley Body Building Conditioner (R240); or Palmer's Deep Conditioning Protein Pack (R21,95).

• Less hair. The natural hair-growth cycle is between two and seven years and healthy hair should grow at roughly a centimetre per month. As the years go by, hair follicles become smaller and weaker, while some of them might die off, which could lead to less hair. Wonderful new research results have shown that products containing aminexil make it possible to lengthen the lifespan of your hair considerably and it appears that even dead follicles can be reactivated and revived.

<u>TRY:</u> The Kérastase Densifique range (from R290 to R1 185); or Vichy Dercos Energising Shampoo (R199). Also try supplements like Nu-Hair Treatments Multi-Nutrient Tablets for improving and maintaining healthy hair and treating hair loss or thinning hair (R109); or Perfectil Triple Active Skin, Hair & Nails (R117).

• Brittle, weakened hair. Hair becomes brittle and weak, while also losing volume. You need products that strengthen your hair to prevent splitting and breaking.

TRY: Ghd Advanced Split End Therapy (R320). Invisibobble The Traceless Hair Ring (R80) protects against breaking when you tie up your hair.

• Dryness • Dehydrated hair tends to be frizzy and coarse. To prevent dryness you need to use products that push moisture back into the hair and keep it there.

<u>TRY:</u> Creightons Frizz No More Smooth & Shine Blow Dry Cream (R59,95); Palmer's Coconut Oil Formula Repairing Conditioner (R73,95) to repair and renew dry, damaged hair with coconut oil and keratin; Palmer's Coconut Oil Formula Shine Boost Hair Polisher Serum (R98,95); or Evolution Keratin Moisturizing Shampoo and Conditioner (R270 each).

- Dullness, lack of shine. Greying hair that is losing pigment has a rough texture so it cannot reflect light and therefore looks dull. You need products with keratin fibres to revive and repair your hair's shine. These products fill in the gaps inside the hair shaft if your hair has become weak over time. Think of rope that has frayed and now becomes smooth and strong again. TRY: Label.m Therapy Age-Defying range (from R250 to R500) with white caviar to make your hair look strong, bouncy and youthful; HR Placenta Hair Restructurer and Sealant (R29,95 for three ampules); or Kérastase Densifique Sérum Jeunesse (R1 185).
- Coarse texture. Your hair needs collagen to combat coarseness and to stay smooth and soft. Keratin contains fibres that fold over each other in an interlocking pattern that resembles that of a tiled roof. The 'tiles' of ageing, damaged hair have become disturbed over time and this weakens your hair. <a href="https://revenue.com/revenue.co

MICROBLADING

(eyebrow embroidery)

While we're on the topic of hair, our universal obsession with eyebrows is also here to stay.

The latest trend is called 'microblading' or 'eyebrow embroidery', which comes from the world of tattoo art and permanent make-up. It has a huge following in Europe and Canada and is a godsend for anyone who has messed up their brows by overzealous tweezing, or has lost their brows due to illness or medication. The good thing about this procedure is that it's not as long-lasting as permanent make-up, so it will fade over time (about four to five years). You are therefore not wedded to the same set of eyebrows for life, says Samantha Divaris of The Brow Studio, the pioneers of this technique in South Africa. It looks beautiful and very natural, plus it works especially well on older skin. HOW DOES IT WORK? An ultrathin blade is used to make superfine cuts in the brow area (a bit like paper cuts) before a colour pigment is placed in the skin. You'll be given very specific care instructions to follow for a few weeks afterwards, to get the best colour effect. The first session lasts 90 minutes and a few weeks later, when the cuts have healed, you'll go back for a follow-up session where your new brows will be tweaked and refined. PRICE: First session: R1 600. Follow-up session: R800.

MORE INFORMATION: myappointment.co.za/thebrowstudio.

If you don't want to commit to something that lasts this long, try the new Smashbox Brow Tech Shaping Powder (R290), available in dark brown and also in blonder shades. It makes a dramatic difference to fine, dull brows.



For more beauty tips and advice from Elsa Krüger, follow her blog mooipraatjies.com.

WONDER WONDER WONDER WONDER



We show you 3 easy ways to transform a bare wall.

by CARIN SMITH and DALA WATTS
photos ED O'RILEY

Chair from Poppi se Shoppi.

1 WATERCOLOUR

DIFFICULTY: medium TIME: one hour

TREAT YOUR WALL LIKE A BLANK CANVAS AND USE THIS EASY TECHNIQUE TO GIVE IT A WATERCOLOUR EFFECT.



YOU WILL NEED

♥ light pink PVA paint (we used Dulux Sweet Sundae)
 ♥ darker pink PVA paint (we used Dulux Fuchsia Lily)
 ♥ paintbrush
 ♥ water spray bottle



Dilute the light pink paint with a little bit of water so that it is the consistency of pancake batter and paint a wide strip high up towards the top of the wall.



Take your water bottle and spray water along the bottom of the pink strip. The paint should start running down the wall. Help the process by spraying water onto each streak.



Dilute the darker pink paint with water so that it is the consistency of pancake batter. Apply a strip of the dark pink paint above the lighter colour.



Spray water onto the dark pink strip so it drips down over the lighter colour.



Finish your watercolour wall off by applying another coat of light pink paint on top of the darker colour and increasing the drips with another spray of water.

2 GRAPHIC WALL

DIFFICULTY: easy

TIME: two hours - plus drying time

We used an overhead projector to project crosses onto the wall and then masked them out on the wall with wide masking tape. (If you don't have an overhead projector you can use a ruler and pen to draw a grid.) We applied a few coats of pink paint, leaving each coat to dry before applying the next, and then left it to dry overnight. The next day we carefully removed the masking tape to reveal the white crosses. Prints from Quirky Me, wire house from Abode and small chair from Onsite Gallery.



tip Go to ideasMagTV on YouTube to watch the step-by-step video to see how we created this wall.



FLOWER GARDEN DIFFICULTY: challenging TIME: five hours-plus 24 hours drying time

Instead of wallpaper we used a decoupage technique to apply a line sketch image to our wall and highlighted a few of the elements with PVA paint. You will need a high resolution digital image that can be enlarged to the desired size. Ask the printers to tile your image over individual A3 sheets and to give the sheets a bleed of 10cm each so you can overlap the image as you decoupage it. You need to use fairly thick paper, slightly heavier than normal computer paper, as the thinner the paper is the more it will bubble or tear when you apply it to the wall. The trick with working on this scale is to start from the bottom corners and work inwards and upwards, making sure that you get rid of any bubbles as you progress. (See page 31 for basic decoupage instructions.)





Tray bakes are easy to make and scrumptious to eat. They're also convenient to transport and serve, ideal for a birthday, tea party, cake sale or family occasion.

PLUM AND CHERRY TART

Makes: 35 x 27 x 5cm tray
Preparation time: 40 minutes
Baking time: 40 minutes
Oven temperature: 180°C

- ♥ 1 sheet ready-made puff pastry
- ♥ 70g (80ml) brown sugar ♥ 5ml ground cardamom ♥ about 12 ripe plums, sliced and pips removed ♥ 250g fresh cherries
- ♥ 1 large egg, lightly beaten with 10ml water ♥ 25ml poppy seeds ♥ 50ml honey, to glaze ♥ icing sugar, for dusting
- 1 Allow the pastry to defrost in the fridge. Unroll and place on a greased and lined baking tray. 2 Mix half the sugar with the ground cardamom. Put the sliced plums into a bowl and sprinkle the sugar over them. Pit and halve half the cherries and set aside in a separate bowl. 3 Use a sharp knife to make a line around the edge of the pastry, but don't cut through. Brush the pastry with the egg wash. Sprinkle the poppy seeds over the pastry within the border markings. 4 Place the sliced plums neatly within the border markings. Scatter with the halved cherries. Sprinkle with the remaining sugar. Bake in a preheated oven until puffed up, golden and crisp.

5 Remove from the oven. Warm the

honey in the microwave and drizzle it

over the tart to glaze. Dust with icing

cherries. Serve as soon as it is cool.

sugar and decorate with the remaining

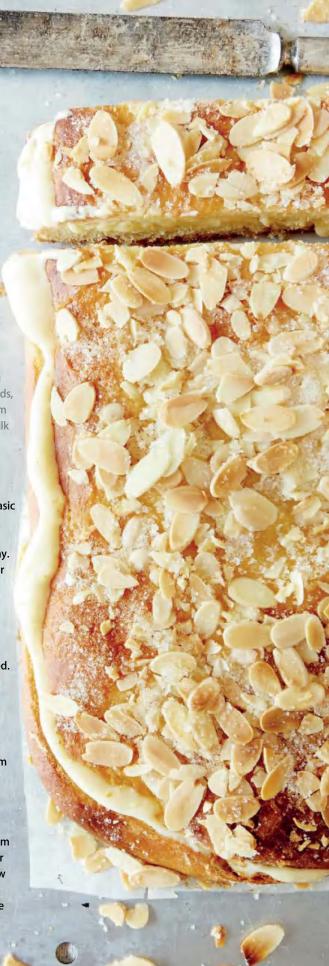
GERMAN CUSTARD AND ALMOND CAKE

Makes: 35 x 27 x 5cm tray Preparation time: 1 hour, plus rising time Baking time: 1 hour Oven temperature: 200°C

♥ 1 quantity basic dough (see recipe on page 52)

TOPPING AND CUSTARD FILLING

- ♥ 100g (110ml) cold butter ♥ 105g (125ml) sugar ♥ 100g flaked almonds, plus extra to sprinkle ♥ 200ml cream
- ♥ 25g (40ml) cornflour ♥ 200ml milk
- ♥ 25ml castor sugar ♥ 5ml vanilla extract ♥ 4 large egg yolks
- 1 DOUGH Prepare the dough as described in the method for the basic dough on page 52.
- 2 Roll the dough out to form a rectangle to fit into the greased tray.
- 3 Cover lightly and leave to rise for 40 minutes or until well risen and doubled in size.
- 4 TOPPING AND FILLING Cut the cold butter into small cubes and put them on top of the dough, making sure they are evenly spaced. Sprinkle with 85g (100ml) of the sugar and the almonds. Bake in a preheated oven for 30 minutes. Cool and slice in half horizontally, then fill with custard.
- 5 CUSTARD Stir a little of the cream and cornflour together. Stir in the remaining cream and all the remaining ingredients. Stir over a low heat until thickened. Cool completely. Spread over the bottom half of the cake. Top with the other half of the cake. Sprinkle with a few flaked almonds. Refrigerate until ready to serve. Best enjoyed on the day it is made.







LEMON DRIZZLE CAKE WITH MERINGUE FROSTING

Makes: 30 x 23 x 5cm tray **Preparation time:** 1 hour **Baking time:** 1 hour **Oven temperature:** 160°C

♥ 350g (380ml) butter ♥ 350g (400ml) castor sugar ♥ 6 large eggs ♥ 15ml grated lemon zest ♥ 350g (645ml) self-raising flour ♥ 15ml baking powder

SYRUP ♥ 85g (100ml) sugar ♥ 100ml

SYRUP ♥ 85g (100ml) sugar ♥ 100ml freshly squeezed lemon juice

MERINGUE TOPPING ♥ 4 large egg whites

♥ 225g (260ml) castor sugar

1 Beat the butter and sugar until light. Add the eggs, one a time, beating well after each addition. Beat in the lemon zest. 2 Fold in the flour and baking powder. Pour the batter into a lined baking tray. Bake in a preheated oven for about an hour or until a skewer inserted comes out clean. 3 Heat the sugar and lemon juice. Simmer for five minutes.
4 Remove the cake from the oven and poke it with a skewer. Pour the syrup over the cake. Set aside to cool. Serve it like this, or top it with meringue topping.
5 TOPPING Put the egg whites into a bowl with the castor sugar. Put the bowl over a saucepan of just simmering water and stir until the mixture is warm.
Remove from the heat and beat until stiff peaks form. 6 Spoon over the cake and brown with a blowtorch.

PUMPKIN CAKE WITH CRUMBLE TOPPING

Makes: 35 x 27 x 5cm tray Preparation time: 45 minutes Baking time: 1hour

Oven temperature: 180°C

TOPPING ♥ 225g (260ml) brown sugar

- ♥ 205g (375ml) cake flour ♥ 5ml ground mixed spice ♥ 5ml ground cinnamon
- ♥ 100g chopped pecans ♥ 165g (180ml) butter, melted
- **CAKE** ♥ 190ml oil ♥ 245g (285ml) brown sugar ♥ 375ml cooked mashed pumpkin
- ♥ 190ml buttermilk ♥ 8ml vanilla extract
- ♥ 3 large eggs ♥ 410g (750ml) cake flour
- ♥ 7,5ml bicarb ♥ 7,5ml baking powder
- ♥ 10ml mixed spice ♥ 10ml cinnamon
- ♥ 5ml ground cardamom
- 1 Mix the dry topping ingredients together and pour in the melted butter. Add 1ml salt. Stir to form a crumbly mixture. Set aside.
- 2 CAKE Grease and line the tin. Beat the oil, sugar, pumpkin purée, buttermilk and vanilla together until smooth. Add the eggs, one at a time. Fold in the dry ingredients. 3 Spoon into the prepared tin. Cover with the crumble topping. Bake in a preheated oven for 50-60 minutes until just set. Cool in the tin. Dust with icing sugar and cut into squares.

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MARZIPAN BROWNIES

Makes: 30 x 23 x 3,5cm tray **Preparation time:** 30 minutes **Baking time:** 30 minutes **Oven temperature:** 160°C

♥ 240g (260ml) butter ♥ 3 x 80g slabs dark chocolate ♥ 6 large eggs ♥ 80g (95ml) sugar ♥ 150g (250ml) treacle sugar

♥ 100g ground almonds ♥ 150g (275ml) cake flour ♥ 5ml baking powder ♥ 200g marzipan, grated ♥ cocoa powder, to dust

1 Heat the butter and chocolate over a low heat until melted. 2 Beat the eggs and both sugars together until light. Stir in the ground almonds, flour and baking powder. 3 Fold the marzipan into the the batter along with the chocolate mixture. Spoon into a greased and lined baking tray. Bake in a preheated oven for 25-30 minutes until just set. Remove from the heat and set aside to cool completely. Chill in the refrigerator overnight. Dust with cocoa and cut into small pieces. Store in an airtight container in the fridge.

TOFFEE-APPLE AND CHOCOLATE CINNAMON BUNS

Makes: 35 x 27 x 5cm tray Preparation time: 1 hour, plus rising time Baking time: 1 hour Oven temperature: 200°C

BASIC DOUGH ♥ 10ml instant yeast ♥ 300g (550ml) cake flour ♥ 50g (60ml) sugar ♥ 125ml warm milk ♥ 45g (50ml) very soft butter

♥ 1 large egg, lightly beaten FILLING ♥ 25g (30ml) butter ♥ 4 Granny Smith apples, peeled, cored and cubed ♥ squeeze of lemon juice

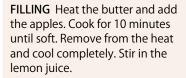
♥ 64g box cream caramel toffees, chopped ♥ 100ml chocolate chips ♥ 100g (120ml) sugar ♥ 15ml ground cinnamon ♥ golden syrup



BASIC DOUGH Mix the yeast, cake flour, sugar and 2ml salt together. Whisk the milk, butter and egg together and add to the dry ingredients. Mix together to form a dough. Knead for 10 minutes. Cover and set aside to rise until doubled in size.



Knead the dough down and then cover and let it rest for five minutes.





Roll the dough out into a large rectangle. Spread the apples over the dough. Top with the toffees and chocolate chips. Mix the sugar and cinnamon together. Sprinkle over the dough.



Roll up the dough like a swiss roll from one long side.



Cut the roll into slices and fill the greased and lined baking tray with them. Set aside to rise until doubled in size.



Bake in a preheated oven until golden. Remove from the oven and brush with warmed golden syrup. Leave to cool. Best enjoyed on the day they are made.





ENJOY A RELAXED
BIRTHDAY CELEBRATION
WITH THIS QUICK
AND EASY-TO-PREPARE MEAL
AND OUR TABLE SETTING
IDEAS — SO EASY, THE KIDS
CAN JOIN IN AND HELP TOO.

BIRTHDAY LUNCH

SET THE SCENE Stencil and sew beautiful table decorations for the birthday celebration. We used brown paper as our starting point and brightened it up with elements in pink, white, lime green and gold. Choose flowers in the same colours and set the table with gold or copper coloured cutlery and white porcelain and enamelware. We found colourful paper plates to use as side plates and painted the insides of the wooden boxes that we used for the flowers lime green.

Watermelon paper plates (R99,99) from Typo. Rose gold cutlery (R249) from @home.

FLOWERS FOR THE TABLE Paint the inside of a few small wooden boxes or line them with paper in the colour of your choice. Arrange several large flowers in each box. We also spray painted pineapples gold and placed them with the flowers.





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LETTUCE CUPS WITH SALMON AND AVOCADO

Serves: 8

Preparation time: 30 minutes

- ♥ 200ml good quality mayonnaise
- ♥ 15ml sweet chilli sauce ♥ 10ml lime or lemon juice ♥ 5ml finely chopped spring onion ♥ about 10ml milk ♥ 2 ripe avocados ♥ 4 baby gem lettuces ♥ 400g ready-to-eat salmon ♥ 1 lime or lemon, plus extra wedges to serve ♥ alfalfa sprouts, to garnish
- 1 Mix the mayonnaise, sweet chilli, lime juice and spring onion together. Add a little milk so the mixture isn't too thick.
- 2 Peel and slice the avocados. Drizzle the slices with a little lime or lemon juice.
- 3 Break up the lettuce into separate leaves. Put a few slices of avocado into each leaf. 4 Break the fish into flakes. Divide among the lettuce cups. Drizzle with a little of the dressing. Garnish with alfalfa sprouts. Serve immediately with extra lime or lemon wedges and the remaining dressing on the side.

PLACE CARDS

Collect a few champagne corks and cut a notch in the top of each one with a craft knife. Insert cards with the guests' names into the notches.

STEAK WITH CHERMOULA PEPPERS

Serves: 8

Preparation time: 30 minutes, plus marinating time **Cooking time:** 30 minutes

- ♥ olive oil ♥ 2 cloves garlic, crushed
- ♥ 15ml Dijon mustard ♥ 1,8-2kg beef rump, sirloin or rib eye ♥ tomato and lentil salad, to serve (recipe on page 60)
- ♥ boiled baby potatoes, to serve



CHERMOULA PEPPERS

- ♥ 1 red onion, halved and cut into thin slices ♥ 2 red and 2 yellow peppers, seeded and cut into thin strips ♥ 50ml ready-made chermoula paste (or use pesto, if you prefer)
- 1 Mix 50ml olive oil, the garlic, mustard and 3-5ml freshly ground black pepper together. Rub over the meat. Set aside to marinate for 30 minutes or until you are ready to cook.
- 2 PEPPERS Heat 30ml olive oil in a saucepan over a low heat. Add the onion and sauté gently for five minutes. Add the pepper strips and continue to cook over a low heat for about 15 minutes

until soft. Stir in the chermoula paste and 50ml water and cook for a further three minutes. Remove from the heat, cover and set aside.

3 TO SERVE Heat a griddle pan or heavy-based pan over a high heat. Once the pan is really hot, add the meat. Cook for four minutes, turn and cook for a further 3-5 minutes, depending how you like it cooked. Remove from the heat and set aside for 10 minutes. 4 Use a sharp knife to cut the meat into thin strips, against the grain. Serve with the peppers, tomato and lentil salad (recipe on page 60) and boiled baby potatoes on the side.



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TOMATO AND IENTII SALAD

Serves: 8

Preparation time: 15 minutes

- ♥ 2 x 250g punnets baby rosa tomatoes
- ♥ 160g snow peas or mangetout, sliced into thirds ♥ 1 can lentils, drained DRESSING
- ♥ 1 clove garlic, crushed ♥ 45ml olive oil
- ♥ 30ml red wine vinegar ♥ 10ml honey
- ♥ 1ml ground cumin ♥ 45ml chopped fresh parsley ♥ 1ml crushed dried chillies (optional)
- 1 Put the tomatoes, snow peas and lentils into a large bowl.
- 2 DRESSING Put the ingredients into a glass jar and shake well. Pour over the salad. Toss to coat. Season with salt. Refrigerate until ready to serve.

FRESH FRUIT WITH VANILLA-VODKA SYRUP

Serves: 8

Preparation time: 20 minutes **Cooking time:** 5 minutes

- ♥ half a watermelon, peeled and cut into triangles ♥ 1 pineapple, peeled and thinly sliced ♥ vanilla or berry flavoured ice cream, to serve
- SYRUP ♥ 100g (120ml) sugar ♥ 10ml vanilla paste (or use 5ml vanilla extract)
- ♥ 125g blueberries ♥ 30ml fresh lime or lemon juice ♥ 5ml lime or lemon zest
- ♥ 30ml vodka (optional)
- 1 Place the fruit in a large bowl. Cover and refrigerate.
- 2 SYRUP Heat the sugar and 125ml water in a saucepan over a low heat. Stir until the sugar has dissolved and then increase the heat. Add the vanilla paste or extract. Simmer for five minutes.
- 3 Remove from the heat, add the blueberries and set aside to cool. Add the lime juice and zest and vodka if using. Chill until ready to serve.
- **4 TO SERVE** Pour the syrup over the fruit slices. Serve with a scoop of ice cream.



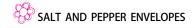
Give each guest a little gift in a brown paper packet with an embroidered label clipped onto it. Copy the cross-stitch heart on page 62 in the desired size onto paper. Cut it out and stick it onto the label with masking tape. Take an embroidery needle and prick the holes for the stitches through the label. Remove the template. Cut a length of pink knitting yarn and thread the needle with it. Work the cross stitches to form the heart. Spray paint a bulldog clip pink and use it to attach the label to the packet.

DNOWN—PAPER TABLE RUNNERS Make table runners that double up as placemats from a roll of brown paper. Copy the template on page 63 in the desired size on ordinary white computer paper and stick it onto a sheet of sturdy cardboard with masking tape. Work on a cutting mat and cut out all the black sections with a craft knife. Throw away the black parts of the design and keep the letters. Roll open the brown paper and use a little spray glue to stick your cardboard stencil onto the section where you want the first place setting to be. Also use a little spray glue to stick the cut-out letters inside the plate and then spray white spray paint over the open sections. Allow the paint to dry before you lift the stencil and move it to where the next place setting must

be, and then repeat the process.



templates

















DIFFICULTY: easy TIME: 30 minutes

YOU WILL NEED ♥ cake recipe on page 66 ♥ icing recipe on page 66 ♥ food colouring of your choice ♥ turntable (or use a cake stand) ♥ small off-set spatula ♥ large scraper or spatula ♥ 2 piping bags (optional) ♥ sprinkles, a cake topper or candles, to decorate



Divide and colour the icing. Keep the largest portion white as it will need to cover the entire cake.



Cut off the tops of the cakes so they are level. Place one cake in the centre of the turntable, if you are using one, or on a cake stand. Spread about 125ml icing evenly over the top, staying just inside the edge of the cake. Place the second cake on top and press down lightly.



Brush off any crumbs and coat the cake with a thin layer of white icing, called a crumb coat. Next, cover the cake with a generous layer of white icing. It doesn't have to be perfectly smooth, but try to get an even layer around the cake.



Spoon the coloured icing into piping bags and snip off the tips. Pipe blobs of icing of each colour onto the side of the cake. If you don't have piping bags, you can use the small spatula to smear on the blobs. Varying the sizes of the blobs and how close they are to each other will create different effects.



Hold the scraper or large spatula straight up against the cake and slowly rotate the turntable or cake stand while scraping the icing. Do a section then clean the icing from the scraper before continuing. For more colour, pipe more icing around the sides and repeat. Once most of the excess is off, scrape again in one smooth motion, just touching the surface. The more you scrape, the more the colours blend.



Pipe icing blobs in a circle on the top of the cake. Start scraping with a circular motion using the small spatula. Neaten the edges where necessary. Transfer the cake to a cake stand if you used a turntable. Decorate with sprinkles, a cake topper or candles.

WATERCOLOUR WHIMSY

by TANI KIRSTEN photos ED O'RILEY

CREATE A BEAUTIFUL
WATERCOLOUR EFFECT WITH
ICING TO DECORATE
A CAKE THAT IS PERFECT
FOR ANY OCCASION.

IT'S A CELEBRATION!

Huletts sugars help ensure the best tasting cake for your next celebration. This vanilla buttermilk cake is rich, moist and moreish.

VANILLA BUTTERMILK CAKE

Makes: 1 x 20cm cake Preparation time: 45 minutes Baking time: 45 minutes Oven temperature: 175°C

YOU WILL NEED

- 250g soft butter
- 125ml canola or sunflower oil
- 690g Huletts White Sugar
- 5 large eggs at room temperature
- 420g cake flour
- 15ml baking powder
- 10ml vanilla extract or 20ml vanilla essence
- 330ml buttermilk

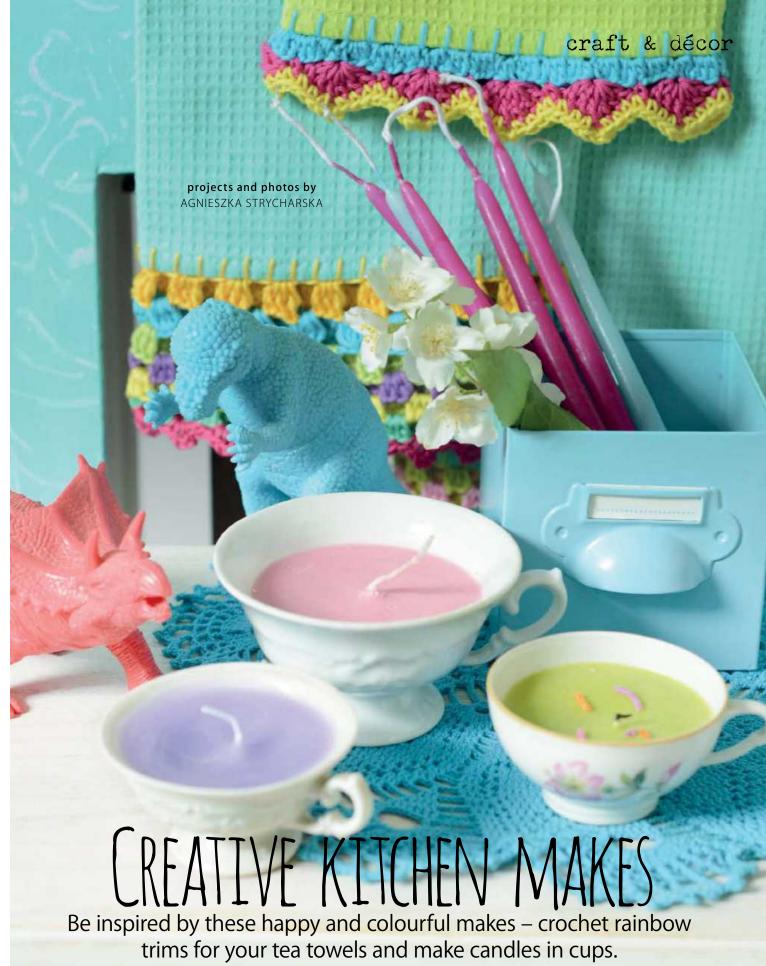
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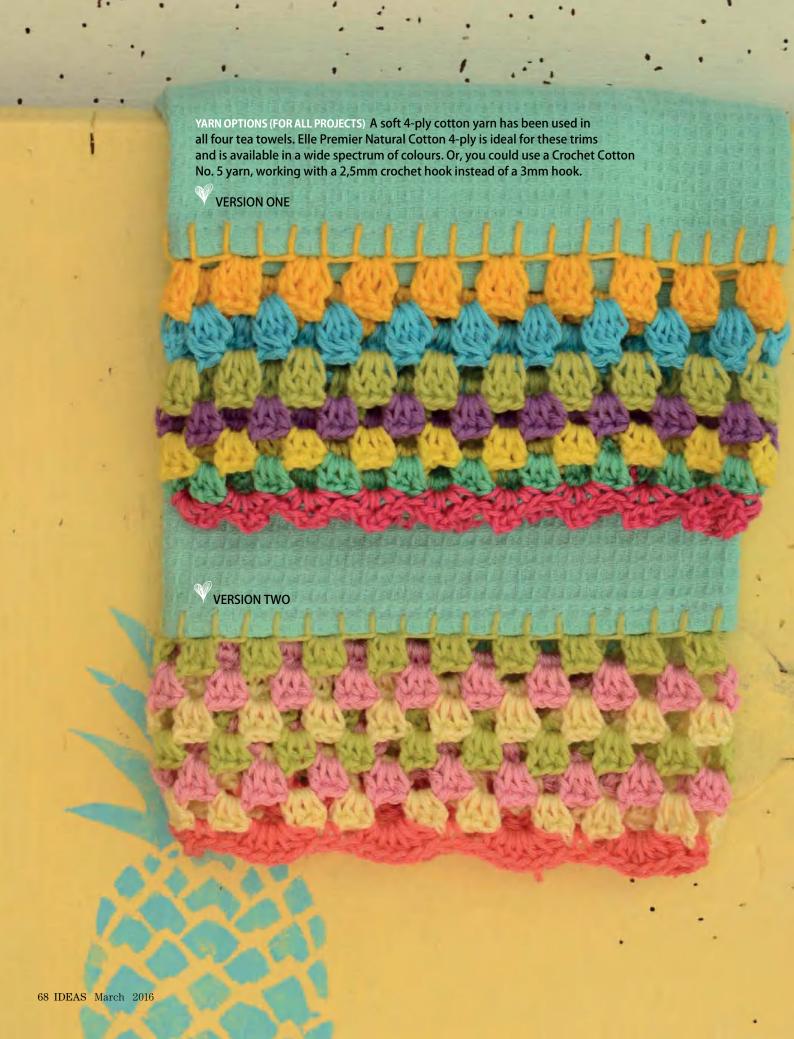
- 350g soft butter or white baking margarine
- 700g Huletts Icing Sugar, sifted
- boiling water
- 2,5ml vanilla extract or 5ml vanilla essence
- 1 Cream the butter, oil and sugar until light. Add the eggs one at a time, beating well after each addition. 2 Sift the flour and baking powder together. Add the vanilla to the buttermilk and mix. 3 Add about a third of the flour to the butter mixture and fold in until just combined. Add half the buttermilk and fold in until just combined. Continue with the remaining ingredients. 4 Pour into two greased and lined 20cm round cake tins. Bake in a preheated oven for 45 minutes, or until a skewer inserted comes out clean. 5 Cool in the tin for 10 minutes before transferring to a wire rack to cool completely.
- 6 ICING Using a wooden spoon, beat the butter or margarine until smooth. Add half the icing sugar and mix until combined. Add a few drops of boiling water to soften the mixture. Mix in the remaining icing sugar and the vanilla. Add a little boiling water if necessary, until the icing is smooth and firm. Follow the steps on page 64 to ice and decorate your cake.











ABBREVIATIONS (FOR ALL PROJECTS)

alt	alternate
ch	chain
dc	double crochet
htr	half treble
rep	repeat
RS	right side
sl st	slip stitch
sp(s)	space
st(s)	stitch(es)
tr	treble

MINT TEATOWEL (VERSION ONE)

YOU WILL NEED

♥ 1 x 50g ball of 4-ply cotton in each colour: golden yellow, turquoise, apple green, violet, light yellow, mint and dark pink ♥ 3mm crochet hook ♥ mint waffle weave tea towel ♥ crewel embroidery needle with large eye

Using the golden yellow coloured

TO MAKE

yarn, work blanket stitches along the width of the tea towel in exactly the same way as given for the green towel version two (see page 71).

1st row: with the RS facing, join the yarn into the first sp between the first and second blanket stitch, work 3 ch, (this counts as 1 tr), now work 2 tr into the same sp, work 2 ch, skip next sp between sts, * work 3 tr into 3rd sp between sts, 2 ch; rep from * working 3 tr into every alt st, 2 ch, to the end.

Fasten off the last st with a sl st and cut away the yarn.

2nd row: with RS facing, join the turquoise yarn into the 1st of the 3 ch sts of previous row, work 3 ch (this counts as 1 tr), 2 ch, work 3 tr in the 2 ch-sp of previous row, 2 ch, * work 4 tr in next 2 ch-sp, 2 ch; rep from * to the last 2 ch-sp, work 2 ch, 1 tr in the last tr of previous row. Fasten off the last st with a sl st and cut away yarn.

3rd row: with RS facing, join the apple green yarn into the 1st of the 3 ch sts of previous row, work 3 ch (this counts as 1 tr), in the 2 ch-sp of

previous row, work 2 tr, 2 ch; * in the next 2 ch-sp of previous row work 3 tr, 2 ch; rep from * to last 2 ch-sp, work 2 tr, 1 ch, and 1 tr in last tr of previous row.

Fasten off the last st with a sl st and cut away yarn.

4th row: with RS facing, join the violet yarn into the 1st of the 3 ch sts of previous row, work 2 ch (this counts as 1 htr), 1 ch, in 2 ch-sp of previous row, work 2 htr into same sp, 2 ch; * in the next 2 ch-sp work 3 htr, 2 ch; rep from * to the last 2 ch-sp, work 2 ch, 1 htr in last tr of previous row. Fasten off the last st with a sl st and cut away yarn.

5th row: with RS facing, join in the light yellow yarn and work exactly as given for the 4th row.

Fasten off the last st with a sl st and cut away yarn.

6th row: with RS facing, join in the mint yarn and work exactly as given for the 4th row.

Fasten off the last st with a sl st and cut away yarn.

7th row: with RS facing, join the dark pink yarn into the 1st of the 2 ch sts of previous row, make 1 ch, * in the next 2 ch-sp of previous row, work 2 dc, 3 ch, 2 dc, work 1 ch; rep from * ending row with 1 ch, sl st into last htr of previous row.

Fasten off and cut away yarn.
Darn in the ends of yarn at the back of the work. Cut away any excess yarns.
Rep this trim for the opposite side of the tea towel if desired.

MINT TEA TOWEL

(VERSION TWO)

YOU WILL NEED

♥ 1 x 50g ball of 4-ply cotton in each colour: apple green, light pink, light yellow and coral ♥ 3mm crochet hook

♥ mint waffle weave tea towel ♥ crewel embroidery needle with large eye

TO MAKE

Using the apple green yarn, work blanket stitches along the width of the tea towel in exactly the same way as given for the green towel version two (see page 71).

1st row: with the RS facing, join the yarn into the first sp between the first and second blanket stitch, work 2 ch, (this counts as 1 htr), work 2 htr into the same sp, work 2 ch, skip next sp between sts, * work 3 htr into 3rd sp between sts, 2 ch; rep from * to end, working 3 htr into every alt st, 2 ch. Fasten off the last st with a sl st and cut away yarn.

2nd row: with RS facing, join the light pink yarn into the 1st of the 2 ch sts of previous row, work 2 ch (this counts as 1 htr), in 2 ch-sp of previous row, work 2 htr into same sp, 2 ch; * in next 2 ch-sp work 3 htr, 2 ch; rep from * to the last 2 ch-sp, work 2 htr, 1 ch, 1 htr in last htr of previous row.

Fasten off the last st with a sl st and cut away yarn.

3rd row: with RS facing, join in the light yellow yarn and work exactly as given for the 2nd row.

Fasten off the last st with a sl st and cut away yarn.

4th row: with RS facing, join in the apple green yarn and work exactly as given for the 2nd row.

Fasten off the last st with a sl st and cut away yarn.

5th row: with RS facing, join in the light pink yarn and work exactly as given for the 2nd row.

Fasten off the last st with a sl st and cut away yarn.

6th row: with RS facing, join in the light yellow yarn and work exactly as given for the 2nd row.

Fasten off the last st with a sl st and cut away yarn.

7th row: with RS facing, join in the coral yarn into the 1st of the 2 ch sts of previous row, work 1 ch (this counts as 1 dc), * in 2 ch-sp of previous row, work 6 htr into same sp, in the next 2 ch-sp of previous row work 2 dc; rep from * to end.

Fasten off the last st with a sl st and cut yarn away.

Darn in the ends of yarn at the back of the work. Cut away any excess yarns. Rep this trim for the opposite side of the tea towel if desired.

GREEN TEA TOWEL

(VERSION ONE)

YOU WILL NEED ♥ 1 x 50g ball of 4-ply cotton in each colour: turquoise, dark pink and light yellow ♥ 3mm crochet hook ♥ green waffle weave tea towel ♥ crewel embroidery needle with large eye

VERSION ONE

TO MAKE

Using the turquoise coloured yarn, work blanket stitches along the width of the tea towel in exactly the same way as given for version two (see facing page).

1st row: work exactly as given for 1st row of version two using the turquoise coloured yarn.

Fasten off the last st with a sl st and cut away yarn.

2nd row: with RS facing, join in the dark pink yarn to the 1st of the 2 ch sts of previous row and work 1 ch (this counts as 1 dc), skip 3 sts of previous row,* now make 6 tr into the 4th st of previous row, skip 3 sts of previous row, work 1 dc; rep from * to end.

Fasten off the last st with a sl st and cut yarn away.

3rd row: with RS facing join the light yellow yarn into the 1st ch of previous row and work 1 ch (this counts as 1 dc), work 1 dc into every st of previous row, until you reach the top of the first scallop, work 3 ch into the centre top of scallop, * now work 1 dc into every st of previous row to the centre top of next scallop, work 3 ch in this st; rep from * to end. Fasten off the last st with a sl st and cut yarn away.

Darn in the ends of yarn at the back of the work. Cut away excess yarns. Rep this trim for the opposite side of the tea towel if desired.

ERSION TWO

GREEN TEA TOWEL

(VERSION TWO)

YOU WILL NEED

- ♥ 1 x 50g ball of 4-ply cotton in each colour: mint green and light yellow
- ♥ 3mm crochet hook ♥ green waffle weave tea towel ♥ crewel embroidery needle with large eye

TO MAKE

Using the mint green coloured yarn, embroider blanket stitches along the width of the tea towel over the machine stitched hem. Try to space the stitches evenly apart and also try to make them the same length. You can use the squares in the waffle weave as a guide for the embroidery; each embroidery stitch can be two squares wide by two squares high.

1st row: with the RS facing, join the yarn into the first sp between the first and second blanket stitch, work 2 ch, (this counts as 1 htr), now work 2 htr into the same sp, * work 3 htr into the next sp; rep from * to end.

Fasten off the last st with a sl st and cut away yarn.

2nd row: with RS facing, join the light yellow yarn into the 1st of the 2 ch sts of previous row and work 1 ch (this counts as 1 dc), skip 3 sts of previous row, * now make 5 htr into the 4th st of previous row, skip next 3 sts of previous row, work 1 dc; rep from * to end.

Fasten off the last st with a sl st and cut yarn away.

Darn in the ends of yarn at the back of the work. Cut away any excess yarns.

Rep this trim for the opposite side of the tea towel if desired.









CANDLES IN CUPS Put a wick in each cup. Cut up some candles and place them in a bowl over a pot of simmering water. Heat the candles until the wax melts. Pour the wax carefully into the cups. Leave to set.



HAVE YOUR OWN FABRIC PRINTED WITH ARTWORKS FROM THE RIJKSMUSEUM AND MAKE THIS WRAPAROUND SKIRT.

WRAPPED IN ART

by ANNEKE DU TOIT styling CARIN SMITH Photo ED O'RILEY



DIFFICULTY: easy TIME: half a day

Sizes 10-12

YOU WILL NEED

- pattern on page 74
- ♥ dressmaker's graph paper
- ♥ printed fabric for 4 skirt panels
- ♥ 25 x 150cm contrast fabric for waistband
- ♥ matching machine thread
- ♥ dressmaker's pins

TO CUT

Draft the pattern onto dressmaker's graph paper and cut out. Cut four panels from the printed fabric using the pattern piece. Seam allowances of 1,5cm are included for the side seams, and 2,5cm for the hems. Cut two strips of 11,5 x 150cm (seam allowances included) from the contrast fabric for the waistband.

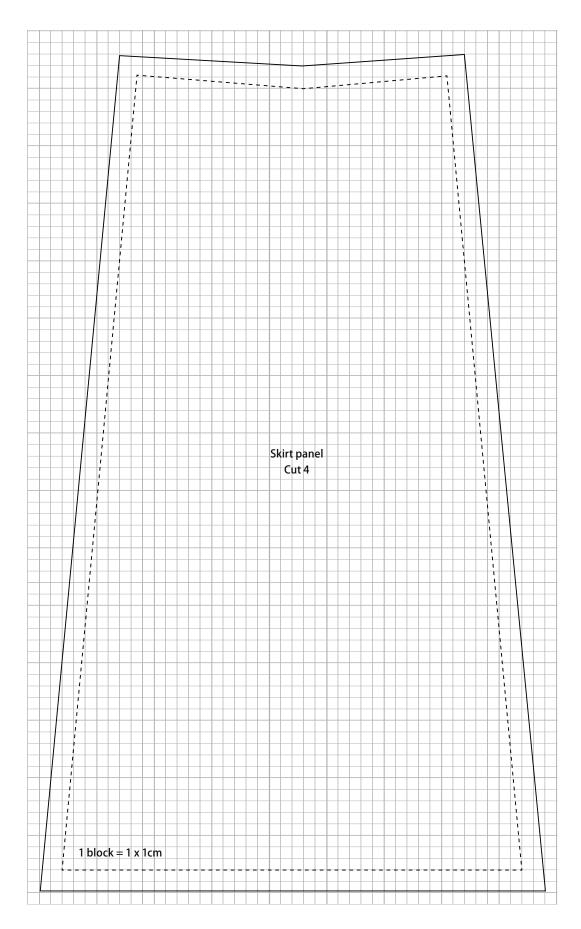
TO SEW

- 1 Stitch the four panels together on three of the side seams, with right sides facing, to form one long piece. Overlock the stitched seams with an overlocker and press the seams flat.
- 2 Fold one of the open side edges 1cm over to the wrong side and press flat. Fold the edge once more 1,5cm to the wrong side and press again. Stitch the hem close to the inner fold from the top downwards. Repeat with the other open side edge.
- **3** For the waistband: stitch two short sides of the band together to form

- one long strip. Fold the edge on both sides over by about 5mm and press flat. Now fold over the folded edges again on both sides by 1,2cm and press flat. Fold the band in half lengthwise and press flat.
- 4 Pin the band to the top edge of the skirt. Mark the centre of the band and the centre of the skirt. Place the marked centres together and start pinning the two fabric pieces together from that point outwards, with the top edge of the skirt inserted about 5mm in between the two layers of the band.
- side and pin the band up to the band's end. Repeat with the other half of the band towards the right-hand side. Fold in the raw edges on both ends by about 5mm, press flat and pin closed. Topstitch the band close to the edge, from the one pinned end of the band right through to the other pinned end, so that the ends are also stitched closed. Press the band flat.
- 6 Fold over the lower edge 5mm to the wrong side for the hem of the skirt and press flat. Fold the edge over again 2cm to the wrong side and press flat. Pin and stitch the hem in place. Press the skirt. NOTE To tie the skirt around your waist, simply cross the bands and tie them together. Alternatively, you can make a buttonhole in one side to thread the band through, if you prefer a neater fastening method.

Fabric printed by Smartart, www.smartart.co.za and photo from www.rijksmuseum.nl. You can download photos from this website for free.

If you need dressmaker's graph paper, we are offering A1 sheets for R30 for three, including postage. To order, go to ideasmarket.co.za.





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craft



Size: Medium (hip: 93cm)

DIFFICULTY: moderate TIME: 12 hours

YOU WILL NEED

- ♥ pattern on page 80
- ♥ dressmaker's graph paper
- ♥ 0,5m lightweight cotton fabric (white)
- ♥ stranded embroidery cotton (white)
- ♥ embroidery hoop
- ♥ 5mm awl
- matching sewing thread
- ♥ 20mm wide elastic (60cm)
- ♥ bodkin

BRODERIE ANGLAISE SLEEP SHORTS

TO MAKE



All seam allowances are 1,5cm.

- 1 Draft the pattern on page 80 onto dressmaker's graph paper. Use the pattern to cut the two pieces from the fabric. Additionally, cut a 2,5 x 140cm strip for the drawstring.
- 2 Mark the embroidery motif in the centre of each fabric piece, 3,5cm up from the bottom cut edge. Using two strands of embroidery thread, embroider the eyelets and teardrop shapes as shown in the step-by-step section on page 78. The small leaf shapes in the motif are embroidered in satin stitch, also using two strands of embroidery thread.
- 3 To make the shorts, start by pinning and sewing the front seam with the right sides of the fabric together. Next, sew the back seam, and finally sew the inner leg seams.
- 4 Hem the bottom edges with a 1cm wide double-fold hem.

- 5 Overlock the top waist edge of the shorts. At the centre front seam, measure 4,2cm down from the overlocked edge. In line with this point, work two 15mm buttonholes, 2cm on either side of the centre front seam. Press the top hem 3cm over to the wrong side of the shorts. Sew an edge stitching 2mm down from the top fold. Sew a second line of stitches, 2cm down from the edge stitching, to form a casing for the elastic. Leave a 4cm opening at the back to thread the elastic through. Use the bodkin to draw the elastic through the casing, and join the ends with an overlap of 1,5cm. Sew up the opening in the casing.
- 6 To make the drawstring, press the two long edges to meet in the middle of the strip. Fold the strip over a second time to encase the raw edges and sew a top stitching 1mm in from the open edge. Thread the drawstring into the casing, drawing it through the buttonholes at the front. Knot the two ends.

These sleep shorts with their beautiful broderie anglaise detail are this month's trousseau project. We show you step by step how to do this type of open embroidery.

by KEVIN SWARTS photos ED O'RILEY styling CARIN SMITH

WEET DREAMS

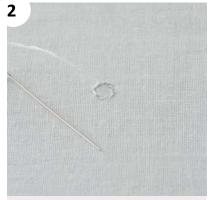


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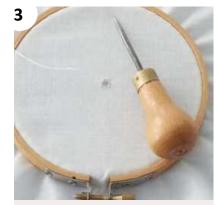
EYELETS UP TO A DIAMETER OF 5MM



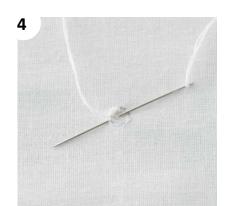
Place the fabric in an embroidery hoop. Bring the needle up through the fabric, leaving a short tail at the back, and work small running stitches along the eyelet's outline.



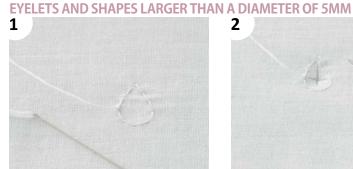
Use a stiletto or a small awl to pierce the fabric inside the running stitch outline.



Work small overcast stitches over the edge of the hole, just covering the running stitches.



Take the needle to the back of the fabric and draw the end of the thread through a few of the overcast stitches before cutting the thread.



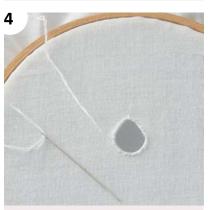
Place the fabric in an embroidery hoop. Bring the needle up through the fabric, leaving a short tail at the back, and work small running stitches along the shape's outline.



Cut the fabric inside the shape into quarters.



Fold one quarter section of fabric to the back. Work small overcast stitches over the edge of the hole, just covering the running stitches.



Continue folding the cut sections of fabric to the back and overcasting the edge of the hole until the whole shape has been completed.



Draw the end of the thread through a few of the overcast stitches at the back, and trim the excess fabric close to the stitches.





ELLE YARNS IT'S A

Lifestyle

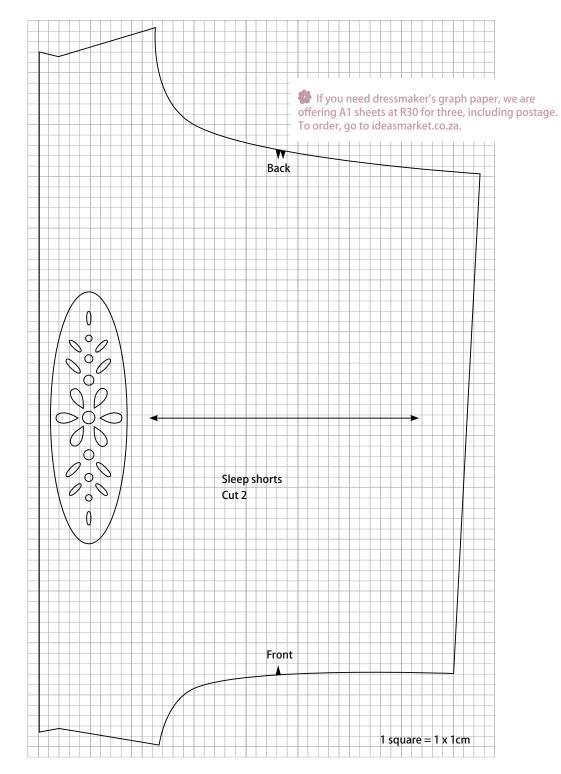
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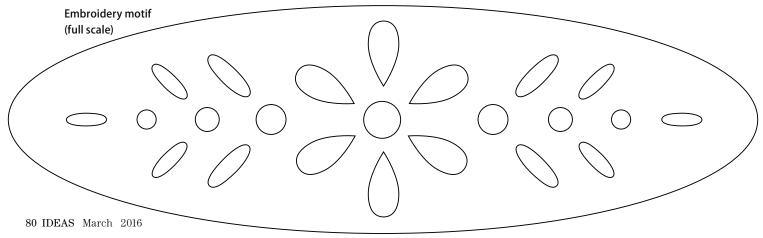
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Competition rules: The prizes will go to the first correct entries drawn. The judges' decision is final and no correspondence will be entered into. The winners will be notified telephonically and via email. Staff members of Sealy and Media24, their advertising agencies and their immediate families may not enter. The prizes cannot be amended or transferred, extended or exchanged for cash. The prizes are subject to availability and delivery by the sponsors. The competition closes on 14 March 2016. • By entering this competition via email or SMS, you give *Ideas* permission to communicate with you via these channels.



QUESTION: What is the name of the bed that provides superior comfort?

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HIGH DAYS AND HOLIDAYS

Running a seasonal business is not easy. Small business owners need to work out a strategy for surviving the quiet months.

by JULIA LAMBERTH DAWSON

Il businesses are seasonal in some way. The quietest month for our bakery, for example, is January, after the excesses of the holidays – although the gyms do really well in January!

Our other quiet time is during the summer when many locals are away, there are few tourists and it's too hot to eat. Although we continue baking, we have to micromanage everything in order to keep things ticking over. When we first opened the bakery we didn't fully comprehend just how sharp the downturn in business would be and how much it would affect us. We had only a vaque idea that we'd be less busy and didn't realise it was in fact like falling off a cliff. We are now better prepared for the hibernation months and have learnt how to 'gather our nuts in May' so to speak.

Businesses can be seasonal for many reasons: you may rely on tourism or supply schools or work with building contractors. Your product may be available seasonally or consumed at Easter or bought as gifts. It's rare to be consistent year round, and those businesses tend to be services rather than retailers.

The downturn in quiet periods is often one of the reasons why businesses fold. It is worth looking at the cost benefits of staying open during the slow months, but with the right information, good management and a bit of planning ahead it is possible to survive. No business can ever have too much financial data, I believe. Even a small

business with a simple bookkeeping package can collect information to give a year-on-year picture of how it is performing. This information is gold as it gives you the tools to manage your ups and downs.

Before you open

- Avoid tying yourself into any fixed costs such as equipment hire purchase or high rentals. If you do have to take on obligations, try to structure your repayments to reflect your quiet months.
- If you have a bank loan, negotiate to pay back only the interest during the off-season. This is fiscal prudence, but it needs to be organised upfront.
- Plot your sales year ahead do not delude yourself.

2. Diversify

Find ways to extend your business into the low season. If your B&B is usually filled by tourists, see if you can attract locals during the offseason. If your ceramics are sold in a holiday town, attend markets and trade fairs outside your region. Consider selling online, running classes or planning a trunk show in a different part of the country.

Contain costs and reduce expenditure
The fact is you will still have most of your costs during the low season – and a reduced income. There are three main areas to manage:



- Fixed costs: They should have been dealt with upfront. Be aware of them and manage them closely.
- Staff: Permanent staff should be kept to a minimum. Annual leave should be taken during the slow months, reduce operating hours, introduce shifts and consider short time. Be clear on the labour laws that apply to your sector and speak to your staff and the unions upfront so everyone understands how the business is going to be managed over the low season.
- Inputs and stock: Let the suppliers know your quiet months upfront. Reduce your orders, organise different methods (such as taking goods on consignment) and get rid of as much stock as possible before the slowdown.

4. Sales and revenue

- Be pragmatic and plan to meet your costs during this time rather than make a large profit.
- Consider all manner of off-season special offers. Let people know about them before the slowdown. Collect contact details to be able to alert your customers to your seasonal offers ahead of others.

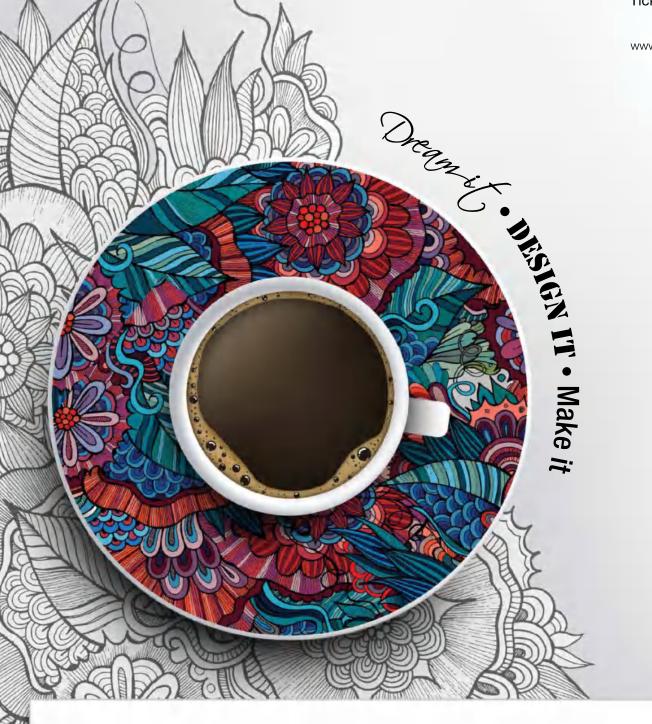
Running a business is like running a marathon: it's all about keeping going. It's also about having the right attitude and the will to fight through the hard times. You should have your contingency plans for winter in place by now and you should even be thinking about next Christmas!



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South Africa's favourite hobby and craft exhibition



WHY KEEP A SKETCHBOOK?

t is the perfect place to explore ideas, it can become your visual $oldsymbol{\perp}$ diary, it's easy to transport and, most of all, sketching is an inexpensive way to unwind.

We asked reader Liezl van Schalkwyk, who has a wonderful library of her sketches on Instagram, to share her journey with us.

'I've always loved and been in awe of the creative process. In 2014 I discovered sketchbookskool. com and I've never looked back. The creative community I found there, some novices, some experts, from around the globe, not only inspired me and offered support but have become friends. The course teaches you to investigate different ways to draw and to "record" your environment, which is what drives me to draw and has made me more mindful of my surroundings. My husband and I both have sketchbooks and we draw when and wherever we can.

'In mid-2015 we travelled to Europe, mostly to meet my online sketchbook friends in Ljubljana (the capital of Slovenia). Nini, a fellow sketchbooker and the biggest driver of our creative community, is from the city but others came from the Netherlands, Germany and Austria. My husband and I also managed to squeeze in a trip to Venice by ourselves. Of course this needed to be documented in my sketchbook.

'Before we left I made a few travel journals from watercolour paper that I decorated with found items. As the trip went on we sketched – in the airport, at a café on the top of a high building, on the table at our Airbnb accommodation, the pretty lampposts (which I love), at the botanical gardens in Ljubljana, so many beautiful landmarks – our little group of creatives even sketched our cake before we ate it at the café. I added little bits of memorabilia like bus tickets, postcards and pretty pieces of paper to my book.

'After drawing my travels and meeting my online friends I have realised that the more you do what you love the better you get. You start to silence that inner critic. Even if my



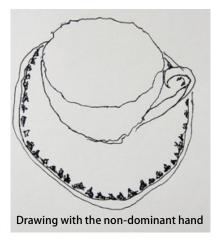
inner voice says, "You can't", I keep on sketching. By exploring my love for art and different ways to sketch I've made it part of my process. But I'm not done learning yet, there are so many other exciting techniques and mediums I still want to explore.'

Before starting your sketchbook proper, begin with a drawing exercise.

Try the blind contour exercise in which you draw an object using one continuous line without taking your eyes off the object you're drawing.

Liezl van Schalkwyk often draws her subject with her nondominant hand. It helps her to focus on each aspect of the item she's drawing as well as giving it a different look.







HER TIPS ON HOW TO START

THE PERFECT TOOLS 'There are no real set rules when it comes to sketchbooks,' says Liezl. However, her advice is that you to play around with different types of paper until you find what works for you. What you draw on is probably the most important thing. In her kit she always has a range of soft B lead pencils, ink pens, a watercolour palette, Aquarelle pencils, and Uni Pin and Pigma micron pens, but she doesn't always carry an eraser as she believes in using your mistakes as part of your sketch.

FACE THE BLANK PAGE Some experienced sketchers recommend you ruin the first page of your book so you don't become too precious about it, or skip it completely. The second page is far less threatening.

PLAY WITH DIFFERENT 'CANVASES' Don't feel confined to your sketchbook – use things like envelopes, boxes, and so on, to draw on.

PORTABILITY IS KING Keep your sketchbook relatively small and your supplies in a pencil bag so you can carry them with you wherever you go.

ALL YOU NEED IS A FEW MINUTES Set aside some time every day for drawing even if you only have a few minutes to spare.

ADD A BIT OF COLOUR Use coloured pencils, Aquarelle pencils or add a collage to your sketch to introduce a touch of colour and texture.

EXPERIMENT WITH THEMES If you're stuck with what to draw, why not give yourself a theme each week? It could be your breakfast, flowers or anything you find inspiring.



THINK OUTSIDE THE BOX

Your sketchbook is the perfect place to jot down your thoughts in a visual format. Think about using it as a travel journal, a cookbook, or a memory journal. It doesn't have to be purely a sketchbook.



EMBRACE DIGITAL

Instead of drawing, try converting your photographs to line sketches using a computer app. This way you can create your own colouring books.

APPS WE RECOMMEND:

- Tracing Paper: teaches you to draw by placing an image underneath a virtual sheet of tracing paper.
- Sketchy: an app community where you can share your sketches with the world and like-minded artists.
- Photo Editor: like Photoshop; it lets you adjust the image and change it into a sketch via a special effects option.
- QuickSketch: will change your photo into a pencil or pen sketch.
- SketchGuru: will change your photo into a line sketch, a colour sketch or even a watercolour painting.

your life









BIND YOUR OWN SKETCHBOOK OR COLOURING BOOK



NOTE We used the Japanese four-hole binding technique to bind our book.

YOU WILL NEED

- ♥ bookbinding needle ♥ scissors
- ♥ steel ruler ♥ binder's awl or hole punch
- ♥ bulldog clip ♥ pencil ♥ sheets of paper
- thick yarn



Using the ruler and pencil, make four marks equally spaced from each other, about 1cm from the spine of your paper. These marks are where you will be piercing the book with the awl or hole punch.



Clamp the pages together on the other side and pierce the marks. Make sure you punch right through all the pages – you may have to do it a few times – and take care to keep the pages aligned as you work.

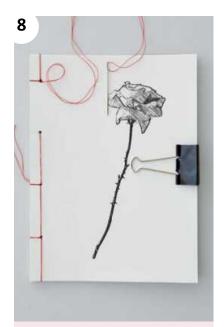
We used the QuickSketch and SketchGuru apps to convert our photos to line sketches.



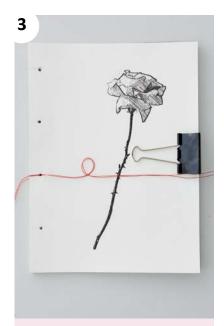
Bring the needle up through the second hole to the front and down through the third hole.



Bring the needle up through the fourth hole so it is at the front of the book.



Loop the yarn around the spine bringing the needle to the front again and then take it over the top edge of the book so that the needle comes out in front again.



To thread: begin at the second hole from the bottom and thread the needle from underneath up through the hole. Loop the yarn around the spine and up through the hole again so the needle and thread are at the front of the book. Leave a length of about 10cm at the end of the yarn for tying later.



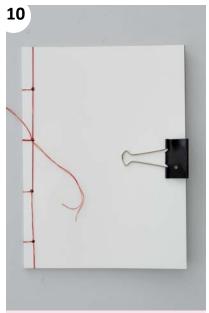
Thread the yarn through the front of the first hole towards the back, and around the spine into the first hole again so the needle and yarn are now at the back of the book.



Loop the needle and yarn around the bottom edge of the book and down through the top of the first hole.



Thread the needle through the front of the third hole again and loop the yarn around the spine so the needle is at the back.



Finish off the binding by tying the loose ends together securely.

NEED SOME HELP?

If you are still struggling, you could do an online course or read a few books to help you get going with your sketchbook.

ONLINE COURSES:

- · dispatchfromla.com
- lisacongdon.com/blog/2015/01/ new-online-course-sketchbookexplorations/



BOOKS:

- Drawing On The Right Side Of The Brain, Betty Edwards (R521).
- Creative Doodling & Beyond (with pencils, markers, paper, eraser and sharpener),
 Stephanie Corfee (R336).
- 6-Week Drawing Course, Barrington Barber (R305).
- Drawing for Dummies, Brenda Hoddinott and Jamie Combs (R305).



PUT PEN TO PAPER

Pick up your pen and write something that someone will treasure.

ome people may find it hard to believe in these days of instant messaging, emails and social media platforms that letters are still written by hand. But there's something nostalgic about the flow of ink on paper that gives substance to your thoughts as you write to someone. And it's exciting to know that another person is eventually going to hold the letter and read it. In her book, The Art of the Handwritten Note: A Guide to Reclaiming Civilized Communication (Crown Publishing Group), renowned American calligrapher and writer Margaret Shepherd describes handwritten notes as an important way to bring people together, precisely because they are not used so often any more. When a handwritten letter lands in your postbox, it stands out from the sea of emails and text messages. Unlike an email, a handwritten note looks attractive and feels personal. She says, 'Writing by hand makes you look good on paper and feel good inside. It says to the reader, "You matter to me, I thought of you. . .".'

Two Hollywood stars who recently placed the spotlight on the romantic art of letter writing are Brad Pitt and Angelina Jolie. They were working on movies in different countries – coincidentally both about World War II – and decided to write letters to each other and post them. During an interview Angelina described the experience: 'We decided to be of that time . . . we wrote handwritten letters to each other that were very connecting for us, thinking of the people who were separated for months, if not years, back then. It was very romantic in a way.'

Five things that make letters special

Writing is personal, it's not a typeface that is loaded on a computer. The paper, ink and the feel of a letter are tangible. And every person's writing is unique to him or her, which makes it special.

Letter writing takes time, thought and care. A text or email is often fired off at speed, as they're simply a quick way to exchange ideas. But a letter is an organisation of our thoughts, a more accurate description of our feelings and experiences.

Letters are not as easily thrown away as an email is deleted. Letters are stored in drawers and boxes to be taken out and read again later.

It is lovely to find something in your postbox that is not an account. It brings so much happiness to receive a handwritten letter in the post, it's almost like a gift waiting to be opened.

Letters outlive you. No-one will remember text messages and emails, but a special letter can be passed down from one generation to the next.

tip

Margaret Shepherd gives the following tips for writing letters:

Buy pretty writing paper and envelopes. Use a pen that you really like, never a pencil. A fountain pen works best and usually allows your handwriting to look its best too. Writing pads with blue lines are taboo ('It's like going out in only your underwear,' says Margaret).

Enjoy the writing process and don't stress too much over what your handwriting looks like. If you prefer, you

can place a piece of lined paper behind your letter paper so that the lines show through and your writing will be straight.

Find someone who shares your love of handwritten letters. If you don't have a friend or relative who wants to join you in this endeavour, you can find pen pals on websites such as penpalworld.com or ipfworld.com.

Dear future me ...

Imagine that in one year, five years or even 10 years from now you opened a letter that you wrote to yourself today. What would be in that letter, and how would you feel when you read it? To write a letter to yourself is also known as a 'time capsule'. You write it, seal it in an envelope and only open it after a certain time. It's a useful way to set goals for the future. But it can also be used to capture memories on paper, almost like a diary. The idea is that you are mindful about the present moment when you write it. And when you eventually open it and read it, you have captured precious memories on paper. It's much nicer to write a letter by hand, but you can also make use of time capsule services on the internet like mytimecapsule.net or futureme.org, where you can also invite others to create a time capsule.

Read it

Dear Me: A Letter To My Sixteen-year-old Self (Atria Books) by British author Joseph Galliano is a book with letters written by famous people like JK Rowling, Hugh Jackman, Jodi Picoult, Stephen King and others to their 16-year-old self. In the letters they give other young people advice and share a look back on their lives.

Give your paper an antique appearance by soaking it for a few minutes in a mixture of used coffee grounds and water and then brushing off the coffee once the paper is dry.



FRESH TO YOUR DOOR

Too busy to go to the shops? You can have farm produce, fresh ingredients with recipes, and even diet food, delivered to your door.

by GRETHA SWINNEN photos ED O'RILEY

Do you remember the
Dairy Belle lorries
that used to deliver
fresh milk and orange
juice in glass bottles
to our homes, in
exchange for coupons?

owadays, increasing numbers of people are choosing to have their basic groceries delivered, plus a whole lot more. 'Real food' is a huge trend and there is a strong focus on using fresh and organic ingredients to prepare wholesome meals.

The big monthly grocery shopping trip is being replaced by weekly or even daily trips to get fresh ingredients in smaller, more sustainable quantities. There is a revival in alternative eating habits and food preferences, such as veganism, vegetarianism and the popular low-carb-high-fat diet for which you often need to buy ingredients at a specialist store.

DIRECT LINE TO WINE

VINO PRONTO (vinopronto.co.za) is a wine shop that delivers a box filled with special wines to you every month. This boutique supplier offers highly personalised service and the people behind it believe that everyone can enjoy wine – not only a handful of connoisseurs. Thanks to a younger generation of winemakers who are now coming up through the ranks, there is renewed interest in wine. They are redefining the industry with experimental styles of wine and unusual ways of marketing their products,' says Lauren Hirst of Vino Pronto. 1 think what makes us unique is the level of personal service that we offer. Unlike most other retailers we help people choose the perfect drink for every mood, event or occasion.'

If you want to have a box delivered, you tell Vino Pronto what your preferences are, indicate your budget per bottle and they'll put together a box for you. It gives you the opportunity to try new wines.

Vino Pronto hosts regular tasting

sessions at their shop in Orange Street in the Gardens area of Cape Town and they have also started making their own wine under a label called The Front Row.

GOING GRFFN

GREEN GOODS (greengoods.co.za)

is an online business that specialises in ecofriendly products and delivers nationwide. **Lauren Clack** of Green Goods believes most people want to live 'greener' lives. And although not all of us are able to mill our own flour, we can make choices that are gentler on the environment.

'We realised people who live in large cities have access to ecofriendly products, but those in more remote areas do not. We cater for anyone who wants to make a difference. Every product available on our website is ethical in some way, whether it's Fair Trade, locally sourced, natural, organic, recycled, vintage, vegetarian or vegan. "Buying green" means you can live well and feel good about the choices you make with respect for people, animals and the planet.'

BILTONG ON ORDER THE BILTONG BOARD (biltongboard.com) is a

new enterprise that makes monthly deliveries of South Africa's favourite snack to your door. Maxime Eon, founder and manager of the service, says, 'People can look forward to special selections every month that will take their love of biltong to the next level.' Maxime says the business has as its goal creating a win-win relationship between producers, distributors and customers, so people can enjoy the best biltong at the most reasonable price.

ALSO VISIT

- bantingbox.co.za (throughout the country)
- thinkorganic.co.za (Cape Town)
- organicemporium.co.za (Johannesburg)
- farmfreshdirect.co.za (Mossel Bay to Plettenberg Bay)





PICTURE-PERFECT PICNIC THE PICNIC COMPANY & MUSTARD

CATERING (picnics.co.za) in Cape Town prepares the most gorgeous picnic packs. Owners Lauren Rohloff and Tammy Clucas say that first and foremost we 'eat with our eyes' so that's why it's important to them that their products must have a certain 'wow' factor. They use baskets and beautiful boxes decorated with a bow. You can choose from themes such as 'Vintage Affair' and 'Teatime Delights'.

LOCAL IS LEKKER

UCOOK (ucook.co.za) is a Cape Town-based online business that delivers fresh, local produce to your door (in certain parts of Cape Town), along with recipes developed by chefs in the area. It was started by a few friends who spotted this gap in the market when they realised that instead of having ready-made meals delivered, today's foodies would much rather have fun with fresh ingredients.

UCook gets all its ingredients from local farms and strongly supports sustainable choices and methods of food production. Head of marketing, Chris Verster-Cowen, says, 'We live in a country with world-class fresh produce, so we don't have to go far to find high-quality products that are ecofriendly and sustainable. More and more farms are switching to sustainable and organic farming methods as demand for these products is increasing sharply. We try to use as many organic products as possible. Local really is lekker! We've built good relationships with our suppliers and support local initiatives wherever we can.'

Cooking made easy

'Food culture has become a major part of our lives. It brings friends and families together and special days or celebrations often centre around food. But it can also be a pain... and we want it to be a pleasure,' says Chris.

He says UCook clients enjoy learning new cooking techniques and experimenting with the culinary traditions of other countries. UCook takes the guesswork out of food preparation. 'We let you be the chef three days a week and I think it makes people feel good about themselves. They become more aware of what they eat and they want to know where it comes from,' says Chris.

ALTERNATIVE LIFESTYLE

DAILY DISH (dailydish.co.za)

Jenny de Wet is the mother of twins and her whole family follows a vegetarian lifestyle. She likes ordering meal packs from Daily Dish, especially when she's hosting friends or family at home. Similar to UCook, they deliver fresh products (in the exact quantities needed for the recipe cards that are also included). Jenny says it saves her time and it becomes a social activity. 'If someone else feels like cooking, I simply give them the ingredients and hand them the recipe card. And if it doesn't come out perfectly, no-one worries about it!' she laughs.

The recipes take only half an hour to prepare and there are various menu options from which to choose, like vegetarian, or low carbohydrate, and so on. Jenny says she is trying to raise her children to have an awareness of where their food comes from.

The other reason Jenny likes to use services like Daily Dish is to cut out food waste and avoid using unnecessary packaging.

YUPPIECHEF (yuppiechef.co.za)

Dale Scogings is a vegan who tries to avoid large supermarkets and prefers smaller specialist suppliers because apart from personal service, they offer a mindful shopping experience. She also orders specialist products from Yuppiechef. She says her lifestyle choices mean she prepares her own food using raw, unprocessed ingredients because the widely used processing methods often involve adding animal products like gelatin. We love eating raw, simple food and I like preparing it myself as it gives me greater peace of mind."

YOUR OWN DIET-FOOD CHEF

Wouldn't it be a whole lot easier to stick to a diet if healthy and delicious meals were delivered to your door?

reach your goals by letting you choose an online eating programme (for example, Banting or vegetarian) and then they supply and deliver the necessary meals to you. Other options include a 21-day slimming challenge with all your meals and smoothies delivered to you for the duration of the challenge. This is a very popular option, says Wayne Kaminsky, founder and head of FitChef. 'It makes a big difference to get so much of what you need delivered to you (45 meals and 44 smoothies) – you won't have any space in your fridge for unhealthy stuff or junk food!'



YOUR QUESTIONS ANSWERED

From colouring in to sewing seams neatly, we have the answers.

compiled by GRETHA SWINNEN photos ED O'RILEY



I've heard that you can sharpen blunt scissors by using them to cut aluminium foil. Does it work?

Yes, it works, but after sharpening your scissors this way two or three times, the blades may become damaged. You can also use soft sandpaper to sharpen scissors – simply cut into the paper 10 to 20 times and you will find the blades are sharp again. Remember, the finer the grit of the sandpaper, the smoother the blades will be.



What rugs can be used outdoors?
And can I use an outdoor mat inside?

David Bradshaw from Airloom Rugs in Cape Town answers: 'At Airloom, we think of an "outdoor" rug as one that can be used inside or outdoors. A rug is suitable for outdoor use if the yarn from which it is made can handle both the rain and the damaging effects of our African sun. Almost all such yarns are synthetic and have UV stabilisers. This means they are able to handle extreme conditions, which many natural yarns are not able to do. They are also, in general, easier to clean. This makes them ideal for those parts of your home with the heaviest traffic, for example where children play or people could spill their wine.'

Go to Airloom Rugs' website at airloom.co.za.

Cloud-free glasses

My wine glasses always come out cloudy when I wash them in the dishwasher. What can I do?

A Pour a cup of vinegar in the bottom of the machine (you don't have to put it in the rinse-aid slot, just pour it in) every time you run a cycle. You still need to use your usual detergent, but you'll save on rinse aid. It may take a few cycles to get the glasses completely clear again.



I recently bought a mandala colouring book for adults, but I'm struggling with the colour combinations. Do you have any advice for me?

There is no right or wrong way to colour in, but here are a few tips:

- 1 Choose a rainbow spectrum. Who doesn't like the colours of the rainbow?
- 2 Try the 'blindfold method' -

simply pick up a coloured pencil and let yourself be led by spontaneity until you choose another pencil in the same way.

3 Find a picture or photo with colours that you like - Pinterest is a good source - and keep to this colour scheme. Or load the picture onto an online palette developer like cssdrive.com/imagepalette/ index.php, which will quickly give you a range of colour combinations. Source: wendypiersall.com



How do you sew perfectly straight seams? I'm afraid I'll damage my machine's needle if I use pins.

Moira Snyman from Bernina SA Agives the following advice: The machine needle will be damaged only if you sew over the pin and the seam will be crooked only if it is not correctly prepared, pinned and stitched. A straight seam line is easy to work, but if there is even the slightest curve, the extra fullness must be accommodated and shaped with steam before it is pinned.

Pins must be inserted into the seam line at 90 degrees, precisely where the stitches must be. Check if the seam line has been properly prepared by running your fingernail along it. No pleats should form and the seam shouldn't pull crooked.

Sew from the top with the folded seam against the front teeth of the machine.

Sew to within 2mm from the pin, stop sewing and pull out the pin before continuing.

Go to Bernina's website at bernina.com.

TIN MAN

Use an old tin and some felt to make this cute little doll.

project and photo WENDY KOUTLIS

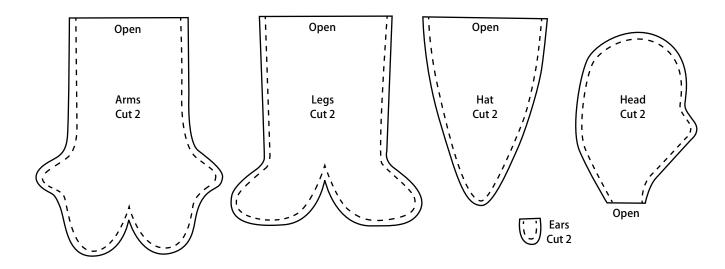
NOTE Our little tin man is 15cm tall. You can use any tin – simply adapt the size of the template accordingly.

YOU WILL NEED

♥ templates ♥ flat tin with lid for the body (we used an old tin for gramophone needles) ♥ thin wire for attaching the individual body parts ♥ felt in two colours for the head, arms, legs and pointy hat ♥ white felt and black beads for the eyes ♥ polyester toy stuffing ♥ matching thread and needle ♥ red thread for the mouth ♥ small bell for the hat ♥ brown fabric paint for the shoes ♥ artist's paintbrush ♥ cold glue ♥ long-nosed pliers ♥ wire cutters ♥ awl

TO MAKE

- Copy the templates in the desired size and cut out. Use a pen to trace the pieces onto the felt, then cut them out just inside the lines.
- Trace the paper sections onto cardboard and use the cardboard pieces as your templates to make it easier to trace onto the felt.
- Fold the arms and legs in half and pair the head and hat parts, all with right sides facing, and use matching thread to sew them to each other, as indicated on the template. Use small, neat back-stitches grouped closely together and remember to leave an opening through which you can turn the pieces to the right side once stitched.
- Once you've turned them through to the right side, stuff the head, arms and legs, gradually shaping each body part as you go. Make sure the hands and feet are quite tightly stuffed and make the tops of the arms and legs slightly narrower.
- Now you can assemble your tin man. Use the awl to make little holes in the tin where you'll be attaching the head, arms and legs. Take care to make the holes just big enough for the wire to fit through (see next step).
- Cut off five lengths of wire each measuring 6cm. Fold each piece in half and push one end through the open side of each piece of felt. Twist the ends of the wire around each other and insert both ends into the corresponding





YOU SAID IT.

We love hearing from you. Please send us your letters and emails.

ideased@media24.com

Ideas for the whole family



I have always loved craft projects, cooking and bringing DIY into our home. As a young girl I would carry a briefcase around with me filled with crafting goodies and this love of creating things has never left me. I am now working in design and find great joy in keeping my home playful, vibrant and filled with homemade creations. When I'm not busy with craft projects you will find me in our kitchen cooking up experimental meals. Ideas magazine is always filled with inspiration for our home and kitchen!

Recently we had our first child, which put a hold on my creative side while I was getting through the first few months with a newborn. After reading through my monthly Ideas magazine and feeling inspired by your December issue's recipes I decided to find creative ways to get back into the kitchen. We tore out a colourful page and hung it onto the pram and voila! Our son, Mateo, loves your recipes and beautiful photography just as much as I do! It seems I'll be sharing my Ideas magazines in the future.

Zoe Poate



The writer of this month's winning letter will receive a Whirlpool hamper WRITE TO US worth R1 500. The hamper comes with a six-piece kitchen knife set, worth R1 500. The hamper comes wooden chopping board, recipe stand, small espresso glasses and large cappuccino glasses with a special glass layer designed to protect your hands from the heat. Whirlpool – sensing the difference.

• Website: www.whirlpool.co.za.



Send your letter by email to ideased@media24.com with 'ldeas/You said it' in the subject line. Remember to include your address and telephone number.

Cupboard love

My husband and I recently celebrated our third anniversary. On my coffee table I have some old *Ideas* magazines that my motherin-law gave me. In one of them your team used blackboard paint to redo a cupboard. This gave me the idea to repaint a chest of drawers on our anniversary weekend. The drawers have been with me since I can remember. They were white with

lots of drawings on them that I did as a teenager. I asked my husband to help me carry them outside and, lo and behold, he started helping me with my project. We had fun and now we can look with great pride at something we created together.

Thank you for creating ideas for a project that we could do together as a couple.

Lily Venzke



SHARING THE LOVE

I thought I would share this photo of my cat Tortikins with you . . . using *Ideas* as a cushion. She loves *Ideas* as much as I do. When it hits the shelves I can't wait to see what exciting projects will keep me busy that month – but I usually run out of month before I get to many of them. But I was at home these holidays and had saved lots of ideas to try while I had time on my hands. Thank you for a wonderful magazine!

Michelle Reinhard



YOUNG AT HEART

My partner and I (he is 95 and I am 85) keep ourselves very busy with embroidery and sewing. Of course, we eagerly await our copy of *Ideas* each month – it just gets better all the time. We were so inspired by your aprons in the November 2015 edition that we decided to make our own version. Thank you for all the wonderful ideas.

June Rogers

HOLIDAY ACTIVITIES GALORE

As the evenings lengthen, so the need to fill them with a meaningful activity becomes stronger. Autumn is the ideal season to foster neglected talents. It's the best time to let your creative instincts run wild and this is where the suggestions, photos and patterns in *Ideas* are worth more than a dozen pots of gold.

One of these days it will be Easter again. To me, Easter is also a time to reflect and relax and your magazine includes tons of inspirational ideas guaranteed to make the Easter holidays fun for everyone. The holiday season of course does not necessarily mean everyone is on

holiday and going away! To create the perfect 'Easter holiday' ambience I can carefully adorn our home with handmade crafts and treats from all the Easter ideas from the many *Ideas* magazines I have collected since I bought my first copy way back when I was still a student. Then the magazine was known as *Woman's Value*. How true to its name the magazine proved to be!

Through the years I've had to part with some of my magazine collections due to space limitations, but the *Ideas* collection is always too precious. Today I am so glad, because my children have a go at

making crafts, knitting and cooking and baking – all favourite pastimes found in my old *Ideas* magazines that make the holiday seasons extra special. It goes without saying that creative children also enjoy giving loved ones the fruits of their labour – so all of us benefit. **Jacoba du Plooy**



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